

MACLEAN'S

CANADA'S WEEKLY NEWSMAGAZINE | www.macleans.ca

OCTOBER 25 2004

The cholesterol cure

4 MILLION CANADIANS TAKE STATINS TO HEAD OFF HEART ATTACKS AND STROKES—AND MANY MORE SHOULD.

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BRINGING BACK OSCAR The son of painter Oscar Caballero is bent on restoring dad's stature.



HEY, WE'RE NOT STUPID

Politicians act as if voters are simpletons whose lips get tired if they read too much

RETURNING FROM outside the country a couple of weeks ago, my wife and I discovered that the Liberal government had almost fallen in a non-confidence vote. It made no sense—we're less than five months from the election—and according to news reports several senators did little to help. The sensible causes were different interpretations of federal spending powers versus the rights of provinces, and similar issues of the sort that send political

science professors into fits of incoherence, and everyone else to sleep. Add to that the arrogance of a minority government determined to see as if it holds a majority, an inept official opposition party that mistook the public mood for a mischievous conspiracy, and party that makes the federal system so good—and most of all, the deep disconnect between politicians and the people they're supposed to represent.

But the root cause of the show-down came, in one way, as asked: it came that politicians choose complicated issues, like spending powers, that challenge voters rationally. Instead, they behave as if eleven are simple-minded people whose lips get tired if they read too much. It's easier and much more money to stifle mad than to focus on real policy, which is why Paul Martin and Stephen Harper—two policy wonks—allowed themselves to play leading roles in the recent noisy, complicated election campaign. It's also why reporters know that a politician will never give straight answers to a direct question. Instead, rule out of topic doctors is to never answer the question at hand, rather, answer the one you wish you'd been asked.

“**Role of spin doctors is to never answer the question at hand; answer the one you wish you'd been asked**”

It was for high cholesterol (page 32) tells us involves taking a pill—and much more. Alexander Trudeau visits Georgia, the former property of the old Soviet Union, and finds old hatreds, nationalist passions and a new threat for democracy (page 42). And John Gauder looks at security issues in Canada that require innovative thinking to respond to post-9/11 challenges (page 38). All of which remind us that it's a complex world out there—made all the more difficult when we let people talk down to us.

THIS WEEK we introduce a new column in our Back Talk section that will focus on lifestyle and workplace issues. I will be writing on a rotating basis by Shanda Derrel, John Izumi and Laune George. The first one, by Laune, is on page 72.

Anthony Wilson-Smith

regional@maclean.ca or comments to The Editor's Letter

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DAY OFF



WEEKEND



SABBATICAL

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Maybe the Envoy will take you to some quiet little town for the weekend. Or perhaps the nearest town is miles away (in countries far, far away). Whatever your time off demands, there's an Envoy that's right for you. Need room for extra travelers? The Envoy XLS extended wheelbase can seat up to seven. How about space for all your gear? No problem. The Envoy XLS is the only SUV with a number of useful options, including a retractable rear seat, which will

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MACLEAN'S
SO JOY AND BARELY FRESH
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IS CANADA READY FOR
LOUDMOUTH
TV?

Sandra Bartlett, Editorial Clerk

Gay critic: I look at Fox News, which soon may be available in Canada, broadcast out louds of the right-wing cable network. Despite Murdoch's welcome of another news source, some readers feared censorship. "Thanks for your coverage," wrote Dave Johnson of Lethbridge, Alta., "but I think I'll take the other side up instead of Fox. It's called Freedom."

Jon T. M. West-Overton, Ph.D.

Spencer Lake, Ontario


Just the thought of giving Paul Martin and his ilk any more power sends shivers down the spine. They would just love it. With no more transfer payments, they would have the whole pot to give to their friends. And that's just the start. Instead, the question should be, "Who needs the federal

One mother. One daughter. One journey.

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THE MAIL

governments?" How long can we continue to afford its unsustainable waste?

Rob Stewart, Lindsay, Ont.

Squabbling over health-care dollars, environmental education programs, conflicting laws, poorly distributed resource royalties, etc. The list of problems goes on and on, and much of it has been caused by the divisive nature of Canadian federalism. What is the sense of drawing political boundaries within a single country? Is Canada one nation or many? The creation of the provinces has done little but produce an annoyingly self-destructive political establishment.

Sam Gilling, Kelowna

Listening to Suzuki

When will we finally listen to David Suzuki's call for rational behaviour when it comes to the environment ("No one can say this line," The Mailstar's Interview, Oct. 4)? We in Canada are indeed fortunate to have such a prophet in our midst. Unless we act quickly and dramatically to greatly reduce our carbon consumption through the Kyoto accord and other more drastic measures, we will indeed witness the "shattering of the world"—and the process of human and the marvellous planet will be spoiled for generations.

Bill Ashwin, Victoria

Your recent interview with David Suzuki reads an important message. Many people do not see or hear what scientists are telling them and act as a voice of the current situation. Some even believe everything is going fine and they're ignoring. To meet the challenge, we must look to continuously improve the way we do things—and the way we deliver the message.

Yolke J. McNeil, Port Huron, Ont.

Over the years, Dr. Suzuki's sensitivity to all causes environmental has made me more aware and more caring, especially of our planet's resources and plans. For that I am indebted to his insights. However, it was troubling to note his sensitivity doesn't extend to the humans.

“What’s the sense of political boundaries within one country? Is Canada one nation or many?”



Suzuki's warnings, endorsed by readers

of thousands of environmentally concerned Canadians in mainland Asia, like me, must have been endorsed by his similar remark, "Jesus Christ, what does it take?"

Frank Davies, Richmond, B.C.

Monster funds

Perhaps Canada's mutual funds aren't suffering from "late trading" or "strawlet binning" as noted by Steve Marsh ("The strawlet bin isn't," All Business, Oct. 4). However, hidden fees and expenses have a greater impact on the average investor than improper trading. At one time, mutual funds were simply a way for small investors to diversify their portfolios through pooling their investments. Funds to buy a variety of equities, but that was before mutual fund companies were formed. It's not unusual for them to make in excess of five per cent per year on their funds, regardless of market performance and even when their investors watch their capital evaporate during a bear market.

Kirk G. Sackitt, Cornerbrook, N.S.

Last word

I just wanted to drop you a note of thanks for a great issue [Oct. 4, 2004]. The cover story on Fox News was fascinating and well written, the other features were topical and provided well-thought-out thoughts, and it was truly an enjoyment to read the reviews of this fall's new Canadian books. Keep up the good work!

Megan Hall, Toronto

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MACLEAN'S BEHIND THE SCENES



DRAWN TO DUTY

Maclean's readers are used to laughing along with Abelin, a.k.a. Terry Mosher, Maclean's cartoon editor, whose wit graces The Back Page every week as the perfect visual partner for Paul Wells's written observations. Mosher, one of Canada's most celebrated cartoonists, has recently been bringing smiles and good humour to some of the Canadians who need it most: our troops in Afghanistan.

Several months ago, the Canadian contingent of the International Security Assistance Force asked the Montreal-based cartoonist for permission to download his work from the Internet for use in formal briefings. "Of course I agreed," says Mosher. "I consider myself fortunate if I can help out a little bit by cheering them up while providing some news from home."

Mosher's comic victims are usually Canadian political leaders or other major personalities on the world stage, such as filmmaker Michael Moore or President George W. Bush. But he was given the opportunity to personalize a cartoon for the Chief of Staff of the International force, U.S. Army Brig. Gen. Leslie Fuller.

In a revealing moment, Fuller was caught talking to his dog—who was back home in Florida—on the phone. Mosher was told about the incident and received a photo of Fuller. In a staff gathering, Lieut. Gen. Rick Hillier, the Canadian in command of ISAF, presented Gen. Fuller with the framed cartoon (above). Later, in a letter to Mosher, Hillier offered a "heartfelt thanks" as well as the Commanders Coin, awarded in Afghanistan for performance or action worthy of recognition.

Mosher, who has already earned numerous awards and prizes, including the Order of Canada, is humble when asked about this latest honour. He prefers to praise the power of cartooning as a communications tool—a power that has been strengthened by technology, he says. "Without writing a bunch of text, people get the point right away. I can draw a cartoon and post it to the Web, and minutes later our troops are laughing at it in Afghanistan."

To view more Abelin cartoons, visit www.macleans.ca/gallery. For information about this article, contact leblond@mcnews.com.



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An ecologist and environmentalist, Henri Jacob is as passionate about the lands in this wetland, as the wetland itself. Over the past ten years, he has spent a great deal of time up to his waist in water, bending double as part of a wetland inventory program in the Val d'Or region of Quebec.

Henri's dedication to the environment is matched by his dedication to the Shell Environmental Fund, where he's been an active panel member since its inception in 1990.

A resource for all Canadians, the Shell Environmental Fund supports grassroots environmental improvement projects in local communities.

Across Canada, there are five regional panels of experts who share Henri's passion for the environment. Together, they review hundreds of applications submitted each year, selecting projects that will have the greatest impact on improving and protecting Canada's environment.

Since 1990, the Fund has contributed to over 3,500 projects, providing the means for individual Canadians to turn their ideas into action.

At Shell Canada, we help experts, like Henri Jacob, find solutions to environmental concerns today, so we can all enjoy a better tomorrow.

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UPFRONT

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Disaster | A cargo plane hurtles off the tarmac in Halifax

The planes are generally older and tend to fly at night. They can also be immensely profitable. The big old wide-body that crashed early Thursday—3:52 a.m. at Halifax International Airport, killing all seven crew, five Britons, one German and two from Zimbabwe—was leased for \$200,000 a week, with a hold fuel of \$200,000 and \$3,000 of fuel on board. It barely made it down the runway. What is known to date: its tail struck the tarmac twice before snapping off when it hit an embankment at the end of the track. Bad luck, to enter from and then scored 1,000 m over a rural road, ripping through utility poles before settling down hard.

Investigators scour the crash site for the black boxes; the back end ripped away just as the big jet was taking off.

In a half of minutes—and opening, once again, the debate over the safety of these huge national carriers.

For Canada, this is the fifth fatal cargo plane crash in so many years. For the carrier, British MK Airlines Ltd., it's the fourth crash—two with fatalities—in 12 years. The Boeing 747-300 was 24 years old and on its third owner in just over a decade. Age alone doesn't mean it was unsafe, just that the inquiry into the crash will have to be that much more far-reaching.

ScoreCard



PAUL MARTIN
New poll has federalists drift back in ratings of majority government. Also, elections over, still, survey rates interest in the new look on life for PM, and do Canada just like this guy who's new on a tight leash?



MONTREAL
Mayor vows to make pedestrians pick up their own litter and has police crack down hard on jaywalking. What, no more games of chicken on the St. Catherine? What happens to all those old focus points?



SATELLITE RADIO
Satellite pop to listen radio signs launch Howard Stern to US\$500 million deal—moving from public answer, cost of not having a \$12.95 monthly subscription. What, value of never hearing Stern again, precious. How about leaving Dr. Lame, too?



IMMIGRATION
California's Testone Governor's Commission on Immigration. Could become president under proposal to end birth in the U.S.A. requirement. Possible response to site of all presidential gene pool?

Quote of the week | 'My friends' children died. My relatives' children died. We are all dying from this.' Crochets DAVID ALKHEVY as residents of Berlin, Russia, and 40 days of formal mourning for the more than 300 victims of the city's school massacre

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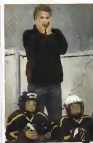
UPFRONT

WORLD

INTERNET SUICIDES Japanese police sound alarm: international warning about two groups of young people, mainly in their teens and 20s, killed themselves in parked and sealed vehicles. They were said to be part of a suicide pact forged with strangers over the Internet. Four young men and three women perished themselves with the flames of charcoal stoves in one of the two incidents, making it Japan's largest Internet group suicide. The country's suicide rate has been at record highs in recent years.

AMERICAN POLITICS Democratic challenger John Kerry won the last of the presidential debates—in fact, all three of them, according to most pundits and focus groups. In the final released straw-poll, on domestic issues, George W. Bush portrayed Kerry as a two-and-a-half liberal, while the issue-based incumbent President for America's job losses. Polls show that the debates helped erode Bush's lead, leaving the two candidates in a virtual dead heat as they head for the Nov. 2 vote.

HARRASSMENT Bill O'Reilly, through asking, moderate host of Fox News's *The O'Reilly Factor*, the popular U.S. cable TV talk show, was accused of sexual harassment by a female producer who said he subjected her to graphic phone-sex chats. The last high-profile conservative commentator to face



HOCKEY NIGHT WHERE?

With the NHL lockout underway, Edmonton Oilers coach Craig MacTavish agents insisted on a fifth player for his team. As he is in Edmonton, MacTavish, about 200 pounds, including snafu in Edmonton's and another, Morrison, was looking up in Tampa.

harassing allegations—Bush Lombard admitted his addiction to gambling and William Bennett issued up to a gambling habit—O'Reilly vowed to fight as loudly as he could to defend his reputation.

WINNERS Iranian President Mahmoud Khatami looked to be the clear victor in Afghanistan's first presidential election, one that saw voters turnout approach 75 per cent. There were no bloody Taliban attacks on election day, in spite of what many had feared.

One of Washington's staunchest allies in the war in Iraq, Australian PM John Howard, changed his stance on opponents and crossed to a fourth term in office.

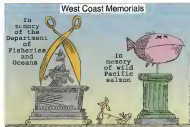
DARFUR A month of fresh violence in Sudan's western Darfur province, already the home of over a million refugees, culminated in the deaths of two aid workers, killed by a land mine. Security concerns also led to a suspension of food aid to erode the north, affecting about 50,000 people.

MAA American investigators unearthed a mass grave in northern Iraq, believed to contain the bodies of Kurds killed by Saddam Hussein's henchmen in the 1980s. Some of the victims' skeletons clashing rays.

U.S. troops continued clearing air strikes against insurgents in Iraq, while a suicide bomber penetrated the heavily fortified green zone in central Baghdad, the government's administrative core, killing five, three of them Americans.

A CROWN Cambodia turned a new king: Prince Norodom Sihamoni, a 51-year-old bachelor and former ballet dancer, will replace his father, Norodom Ranariddh, 61.

BY DAN MURPHY



OTTAWA BY THE NUMBERS

Ottawa's surplus for the last fiscal year was at astonishing \$9.1 billion—more than four times what the government forecast in March. The entire amount goes to pay down debt. But to see who paid the price in Paul Martin's 30-year fight against the deficit, check the small print in the latest Finance Department release.

Percentage change in federal spending as proportion of GDP, 1994-95 to 2000-01	
Public debt charges	-18%
Transfers to provinces/territories	36
Transfers to individuals	-23
National defence	-23
Other federal departments	-18

SOURCE: FINANCIAL SERVICES TRIBUNE/WARREN EPP

Midway through the career the balance of power shifts. It's no longer a two-man act. It's a two-man act with **batting on eye**, the 300-horse RL adding what it can to the act, pushing back into the lane with magnificent force. Your lie is of physics are no good here. Mr. Newton. This car has something you've never seen before. **Super Handling All-Wheel Drive™**



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 ACURA

one of the world's great political survivors, who is absconding because of ill health.

HEALTH

WEST NILE Health officials aren't breaking open the champagne yet, but they are pleasantly perplexed: the number of reported human cases of the virus in Canada this year was 26, down from 1,200 a year ago.

RECONSTRUCTION Using one large flap of skin from the patient's back, after expanding it gently over months with a silicone balloon, plastic surgeons in Tokyo rebuilt the entire face of a 54-year-old burn victim with one graft, cutting down dramatically on scarring, the number of procedures needed, and the risk of infection.

CIGARETTES Citing a cancer-risk to children from second-hand smoke, the Ontario Medical Association wants smoking banned in cars when youngsters are present, and restricted in private daycares and foster homes.

CANADA

PIT BULLS Ontario will become the first Canadian province to ban pit bulls. Its attorney general, Michael Bryant, called the breed a



"ticking time bomb." The move follows a growing controversy and a series of vicious attacks by the dogs. Existing pit-bull owners can keep their pets, so long as the animals are muzzled in public. But new ownership will be banned, and those responsible for dogs that attack people will face fines of up to \$10,000.

STRIKE TIME After three days on the picket lines, 90,000 federal civil servants went back to their desks at week's end—but only to work to rule. Ottawa scuffled with three groups, but the disagreement with its biggest set of employees dragged on. The government promised only to improve an annual wage offer of 6.5 per cent over three years.

MEDICARE Three former emergency-room doctors in Montreal are the latest to challenge the Canadian medicare system by opening out entirely and running up their own private clinic. Called MID-Plus, it offers emergency services and family doctoring for direct payment, and annual plans ranging from \$895 to \$1,495.

DROPPING OUT Two studies suggest that the high-school dropout rate is soaring in both Quebec and Ontario—as much as 34 and 25 per cent, respectively, of potential graduates. However, some of these not graduating may be students trying on to better their grades.

SHILLCO Russian mail giant CIAD Severnail reportedly looking to buy Montreal-based Selexo Inc., which has fallen on hard times. Severnail is controlled by Alexei Mordashov, Russia's wealthiest person (and sharing the No. 136 spot on the 2004 Forbes magazine list), worth an estimated US\$64.5 billion.

JURIST A panel of Alberta judges struck down provincial fatal accidents legislation, allowing adult children to sue over the untimely death of an elderly parent. The case involved a 57-year-old man whose 84-year-old mother was killed by a motorist.



LAVA LAMP

After two weeks of Mount St. Helens' boiling oil stream, mafic rock—density 2,700 g/cm³—has divided to the surface of the lava volcano, where hand-dredged the first of 57 people as a 1980 outpouring. A landmark in the northwestern U.S. Mount St. Helens is now lighting up the morning sky with the red glow of the lava. It is as cool, like a great blizzard.

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Media | NAOMI KLEIN and AVI LEWIS

ON MANIPULATION, MOVIES & MOORE

AMERICA HAS Michael Moore. We've got Naomi Klein and Avi Lewis, power couple of the Canadian left. Klein, 34, wrote *No Logo*, the bestselling bible of the anti-globalization movement. Lewis, 37, a former host of CBC Newsworld's newstypes, and son of a senator's dynasty—his father, Stephen Lewis, and grandfather, David Lewis, were both NDP leaders. Now Lewis makes a bold directing debut with *The Take*, a documentary he made with his wife. It's about workers who occupy a shuttered auto parts plant in Buenos Aires—one of some 300 factory occupations that have swept through Argentina.

How did you two end up in Argentina?

Klein: We decided to do a film that would be about the alternatives to corporate globalization—a response to “We know what you’re against, but what are you for?” Argentina represents all these themes we were looking at: a crisis in representative democracy, a crisis in the economic model, plus this incredible

group project of trying to build something in the rubble. To see this modern city turned inside out, with people meeting on every street corner—Argentina felt like a laboratory. We started with not much of a plan. We were learning how to make a film while learning Spanish while learning what the film was about. We didn’t know until the

last second it would have a happy ending. Which is a lot of documentaries now—they’re the real reality TV.

The part of your film that gave me pause is its remote view of industrial manufacturing. Lewis: It gave us pause. The story is set around the world looking for cutting-edge alternatives to capitalism, and we ended up in the heart of the old economy.

Klein: A lot of the factories had been taken over before we got there. We wanted to be there on the day of an occupation. We didn’t choose an auto parts factory. It was hilarious, because half the people on our crew were die-hard environmentalists who not only don’t have cars but won’t even ride in cars. And here they were celebrating the reopening of a car factory.

Fahrenheit 9/11, The Corporation, Capote/Room... this has been the year of the political documentary. What’s going on?

Klein: On the most basic level, it’s the failure of the mainstream media, particularly television. It’s proof that you can only suppress people’s desire to hear about the world for so long, then it starts bubbling up. It’s been bubbling up on the Internet for a long time, where we’re running news agencies out of our email inboxes to fill the gap. People are going to the web sites to find out what they’re not getting on CNN. It’s harkening back to the days of *newsweek*, where you go to the cinema to find out what’s going on with the war. We filed our film in where you go after you’ve gotten mad watching *Fahrenheit 9/11* and *The Corporation*.

Some of Michael Moore’s harshest critics are on the left. Do you think *Fahrenheit 9/11* is propaganda or art?

Lewis: Neither. It’s point-of-view documentary, an extended op-ed piece. I think it’s factually very good. It’s more that people feel they’re being manipulated. Part of it is his personality, which is so over-the-top people are beginning to be annoyed by him. They feel he’s getting too far from the grassroots. And as someone who plays the working class shock, he’s got to be careful.

Klein: He still hasn’t blurred our film. We sent it to the business man on the planet. But it’s so far up his alley, it’s like *as if Roger & Me* had a happy ending—it’s about auto workers getting their jobs back! It might remind

THE MACLEAN'S INTERVIEW

him at times about working close people that he was into before he got a persona.

How do you work together as a couple?

Lewis: We've both used to getting our way journalistically. It's way more challenging to make a film with both our names on it. We debate endlessly.

Klein: Ari's the doctor and I'm the writer. We collaborated on the script. But I saw everyone and had veto power, which I didn't exercise unless it was absolutely necessary. **Lewis:** You exercised it a few times.

Klein: I've never collaborated before. I had to learn to play nice.

Naomi: You spent three weeks in Baghdad working on a *Nirvana* piece about the selling of Iraq's economy. Was that scary?

Klein: The first night I was there the windows in our hotel blew out because a bomb hit so close. It blasted our way nervous system. After something like that, I no longer get nervous about public speaking.

"OUR FILM" is where you go after you have gotten mad watching *Fahrenheit 9/11* and *The Corporation*.

Lewis: It was the worst month of my life. That bombing was five hours after Naomi had arrived. I was watching them pull bodies out of the rubble on CNN, trying to figure out how close her hotel was.

Will either of you ever run for office?

Klein: No. My brain is not suited to it. **Lewis:** I've spent my life not going into the family business and trying to effect political change in the dominant political force of our time, which is media. And get older and confront more complex issues, it's pushed me to think, maybe I should embrace The Calling. I'm tempted every day.

Does dad push you one way or the other?

Lewis: I think he'd be appalled if I declared any political opinions. Because he knows it's a brutal, thankless, dirty business now. **Klein:** He wouldn't be appalled. **Lewis:** He'd be delighted. And appalled.

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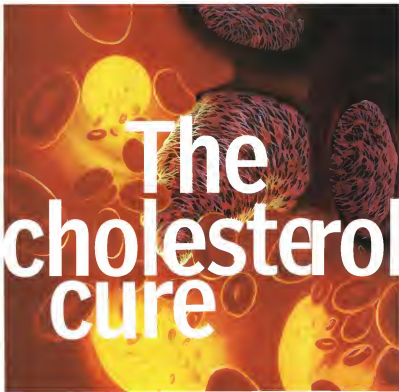
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Statins work, helping prevent heart attacks and strokes. Some four million Canadians take them—and many more should. What about you?

CHOLESTEROL. It's a shiny substance your body makes and also absorbs from fatty foods to tighten cell walls and create essential hormones. It can also kill you. A precursor of heart attacks and strokes, cholesterol buildup is as seductive—and deadly—as a jelly donut. Or a hamburger with three "We North Americans take in way too much in daily diets rich in saturated and trans fats, and even it's cholesterol has been likened to a cockroach—creeping and hard to kill."

Changing your diet—cutting way back on red meat, dairy products and fat foods, and scarfing down plate loads of fruit and veggies—can help reduce the amount of cholesterol in your blood. So can exercise, which reduces stress. But not everyone is a guru for these challenges, and so medical science has developed its own arsenal: anti-cholesterol agents called statins, which do a better job anyway of lowering cholesterol, and which, some scientists say, are the *simplest* thing today to a miracle drug. For the past five years they have been the fastest-growing prescription medication in Canada, part of a \$28-billion-a-year global market. As many as four million Canadians pop a statin each night before they go to bed.

Statins are one of the reasons Canada's mortality rate from heart disease has been declining even as the population ages, and that heart attacks aren't the death sentence they used to be—U.S. Vice President Dick Cheney has had four. What's more, in the last year alone a new wave of studies has confirmed that these cholesterol pills not only reduce the risk of heart attacks but also strokes, in some cases, by a third or more. Adding to the mystique, they also appear to show benefits for a long list of other ailments: diabetes, multiple sclerosis, HIV,

Alzheimer's disease, rheumatoid arthritis, colorectal cancer, muscle degeneration and glaucoma. Hence the "miracle" designation.

Some of these studies are admittedly pretty small: only 63 participants, for example, in the Alzheimer's pilot, 37 for multiple sclerosis. But on the cholesterol-lowering front, the study groups have been massive—as many as 20,000 participants over five-year periods. And what they've brought about is nothing short of a revolution in cardiac care. Physicians are now aiming to reduce the so-called bad cholesterol—the low-density lipoproteins (LDL) that clog the coronary arteries and those to the brain, blocking blood flow—so much, much lower levels than we previously thought safe. This is especially true for those considered at high risk of heart attacks or strokes—generally those who've had one already, diabetes, or people with chronically high blood pressure or cholesterol. New groups being targeted include the elderly, postmenopausal women whose weight or blood pressure isn't

THE CHOLESTEROL PILL

Prescription growth in Canada at statin medications in retail sales



SOURCE: PHARMACIA CANADA



what it should be, and the dietary challenge. This more aggressive approach is quickly spreading to encompass those once considered to much lower risk, such as the sedentary but otherwise healthy forty-something, with maybe some family history of heart disease, who doesn't want to give up his afternoon cruiser. And that raises the question: who exactly should be on meds? Everyone over 40?

"Virtually every study with statins has shown that if you lower the blood level of cholesterol, you lower the risk of heart disease," observes Dr. Lawrence Lerner of Toronto's St. Michael's Hospital, one of Canada's foremost lipid experts. "Will statin therapy work on lower-risk people? I have absolutely no doubt about will. The question is: can we afford it?"

It's a good question. But given that cardiovascular disease is still the country's No. 1 killer, of an almost equal number of men and women, and that, by most counts, the majority of Canadians over 40 are virtually all

Young and fit, Anandev had a heart attack at 27. High cholesterol runs in his family.

over 50 have some cholesterol-induced obstruction in their arteries, can we afford not to? Indeed, a running joke among cardiologists is that the statins have now proven themselves as effective and so safe—only those who are in a million from their own and then only if not properly maintained—

RISK FACTORS

- Being a man over 40 and a woman over 50
- Smoking
- High blood pressure
- Diabetes
- HDL (good) cholesterol less than 1.0 mmol/L
- Being very overweight
- Not having a family history of heart disease

SOURCE: 2007 TO 2009 CANADIAN SURVEY OF RISK FACTORS FOR HEART DISEASE

they should be added to the drinking water like fluoride. Some aren't joking.

In the U.S., medical authorities were so impressed by the new research data—five huge clinical trials published in the past three years—they issued far-reaching, new cholesterol guidelines for physicians this summer. In the process they leapfrogged Canada—and then thought to be the most aggressive in the world—at least when it came to very high-risk individuals. The British went one better. In July, after much public debate, health officials authorized the low-dose rule of Zocor, an early statin with a long track record, over the cruder statins. Like rosuvastatin.

If you're a punchy British male in your late 40s, or a woman in your late 50s and maybe a smoker, you can peg down a your blood cholesterol. Fill out a form to ensure you're not a high-risk candidate who really should be using a doctor, and walk away with a month's supply of Zocor to cut the odds. It's the first shot at what may well be a

one-way revolution in preventive cardiac care, and the advertising campaign is just now bidding into high gear.

Not everyone, mind you, is concerned with widespread statin dependency. Lerner, a cautious believer, nonetheless warns that high cholesterol is only one of the factors doctors consider in assessing the risk of heart attack. Family history for heart disease at a young age, blood pressure, excessive weight and smoking status are just as important.

More rampant critics include the Center for Science in the Public Interest, a U.S. consumer group. It wants the new U.S. guidelines rolled back, mostly on the grounds that many of the scientific authorities had, in the past, received research monies from the statin-making drug companies. And James Wright, a medical researcher at the University of British Columbia, has been leading a campaign to recruit statins primarily to those who have already had some kind of major heart incident. Basing his assessment on the latest research on everyone else, he argues the drugs may do as much harm in good for those who are generally healthy. Wright's is a minority take, but even Ottawa cardiologist Dr. Andrew Whelton, a spokesman for the Heart and Stroke Foundation of Canada, says the British evidence for statins over the counter "is not strong."

STRESS TEST

"Middle-aged men with some risk factors should be doing low-to-moderate stress tests. They can stay on the treadmill for about 15 minutes, then give themselves a heart check on a wing exercise."

—**DR. ADRIAN MCKINLEY**
University of Ottawa Heart Institute

and the studies he didn't really endorse the efficacy on women, he tried to have a more naturally higher blood cholesterol levels driven down. "I think for women can be achieved with lifestyle changes," he says. "I recognize that is difficult for many people, but that doesn't mean we throw in the towel and go after the drug."

Statin work by reducing the activity of an enzyme in the liver that controls cholesterol production. They have been shown to reduce bad cholesterol by as much as 30

ON THE WEIR

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Learning the ways of a woman's heart



"OUR OWN" indifferent," observes Adele Lavin McKelvie, a neurosurgical teacher now living in Ottawa. Hers was in her back, and she up her neck and into her jaw. And for almost 40 years it was diagnosed as stress, despite the other signs of heart disease he was exhibiting, such as high cholesterol levels and abnormal blood pressure. Then, six years ago, when she was 52, 4.40 came to a head and doctors realized she had three seriously blocked arteries and needed a triple bypass. "I'm exactly like old Clinton," she says now, laughing. "I was crumpled close to the edge."

"I'm like Old Clinton," says Lavin McKelvie. "I was crumpled close to the edge."

Looking back on it, he says, "we treat the same." But medical science is still getting its head around the fact that women can present heart attack symptoms differently than men. And some say this is causing critical emergency room delays.

Heart attack symptoms for both genders:

- A stabbing pain or pressure emanating from the centre of the chest, reaching as far as the arm or jaw
- A pounding heart or change in rhythm
- A difficulty breathing, stomach pain
- A nausea, vomiting, heartburn
- A dizziness, cold sweats, a feeling of panic

Symptoms more common to women:

- A sudden onset of weakness, body aches
- Wheezing-like sensation in the chest, unusual discomfort in chest or back
- A more indolent or chest pain at all, but more commonly nausea and vomiting

to 60 per cent while also boosting the good stuff, the high-density cholesterol that helps scour the arteries. But they act without problems. Statins don't interact well with at least two known antiobesity, and they can cause birth defects, so they can't be taken by pregnant women. Some patients have com-

plaints of headaches, nausea and a drop-off in sexual libido. And some researchers claim statins inhibit the development of a key enzyme in the heart. But the biggest concern seems to be muscle weakness.

About once in 1,000 people on statins experience significant muscle pain and weakness, U.S. regulators reported. In extreme cases this can lead to something called rhabdomyolysis, a muscle-disease breakdown that brings

on kidney failure. One high-dose statin, Bayer's *Lipitor*, was removed from the market in 2001 after 81 people died of rhabdomyolysis. More recently, Health Canada, following regulations in Europe and the U.S., issued a warning in June that a statin called *Crestor*, from Finnish drug maker AstraZeneca, should be more careful than *Crestor* since February 2003, when *Crestor* was approved here, there have been eight known cases of rhabdomyolysis among Canadians taking the medication.

Perhaps because of these concerns, Canadian drug companies aren't rushing to direct sales. But perhaps that's because drugs are going pretty well in its North American-based Pfizer Canada Inc., admits New York parent, Pfizer Inc., say they have no plans to lobby for over-the-counter status. Why should they? Their statin, *Lipitor*, is currently the bestselling drug in the planet, with yearly revenues of over US\$9 billion.

However, at least two of Pfizer's competitors are reportedly planning to supply for over-the-counter access in the U.S.—so the marketing gloves are likely to come off soon. Adding to the momentum, the British decision was based on the provision that selling low-dose cholesterol drugs directly to consumers will save 10,000 lives a year. The very rough Canadian translation, based on a population, would be 5,000 lives, a significant number when you consider that 75,000 Canadians die of heart disease annually.

So should Canada follow suit? Becomes a common theme? "It's a tough call," says cardiologist Dr. Robert Myers, director of the congestive heart failure clinic at Toronto's St. Michael's and Western's College Health Sciences Centre. "But I would say no. This isn't tough medicine. Or even one that you get out there upon much in your system. This is still a drug."

Myers' main concern, like that of most other Canadian doctors surveyed, is that the British plan doesn't require a cholesterol check before or after people pick up their *Zocor*. Self-testers might well be debating themselves if what they really need is a much higher dose to bring their LDL numbers down. What's more, they won't necessarily be monitored for the time but possibly not on side effects.

Many of these concerns could be addressed were Canada to authorize over-the-counter sales. Cholesterol testing is becoming vastly more simplified, and a Toronto company is

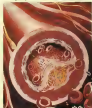
How the arteries become clogged

ALL GP ITS artery misbehaviors inside, the heart is a double-barreled muscle: the left side receives oxygen-filled blood from the lungs and pumps it to the body, the right sends the used blood back to the lungs for refilling. The heart itself gets oxygen and nutrients from two main coronary arteries. And a heart attack—medically, a myocardial infarction—occurs

when this vital supply is shut down.

This is where the danger of cholesterol comes into play. Once it's in the bloodstream, the bad cholesterol known as LDL (for low density lipoprotein) combines with other fats and cellular waste to form a sticky yellow substance called plaque, which builds up an artery walls over the years. This accumulation makes blood vessels narrow and stiff (see illustration at right), a process called atherosclerosis. If one cause heart attacks on its own if a coronary artery becomes so narrowed that very little or no blood gets to one part of the heart. However, over 90 per cent of heart attacks are caused less by excessive buildup and more by fluke: isolated spots of plaque in artery walls rupture, for a variety of reasons including overexertion or stress, which signal the body to send a repair team to coagulate the blood and fix the wound. The resulting blood clot can block off

the coronary artery and create the type of heart attack known as coronary thrombosis. Lack of oxygen actually kills the cells in part of the heart after a few minutes—the damage is permanent. **KAREN MARLEY**



planning to bring out portable testing devices for home use and pharmacies. As well, self-medication could be bolstered with the kind of warning messages you get on cigarette packages. But for many physicians, what the cholesterol debate really revolves around is getting the right state-of-the-art people who are otherwise falling through the cracks. And for that, University of Alberta

pharmacist Ross Tsuyuki has a suggestion.

From 1998 to 2006, Tsuyuki and one of his students ran a trial with over 600 patients and 54 community pharmacists in Alberta and Saskatchewan. Using their own personal knowledge of their customers and their computer records, the pharmacists brought forward a list of those who might be considered at risk for heart disease or strokes and invited them to participate in the study. About half were handed a brochure about heart disease, the rest were given a detailed questionnaire, some face-to-face counselling and a quick cholesterol test. A brief analysis of the results was then forwarded to each individual's family doctor, and an impressive number, 57 per cent—much more than the brochure group—ended up on a statin, or further monitoring. "The idea was not to take family physicians out of the loop," says Tsuyuki, "but to get them some help. When it comes to cholesterol reduction, family doctors are just drowning in patients."

That drowning part of the new argument for over-the-counter medication. It suggests that while some high-risk individuals might



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BY THE NUMBERS

3.4 What the 2007 census showed: level is no difference in health inequality

5.2 normal total cholesterol level, 5.2 is considered high

2.5 new LDL target for smokers with diabetes or who have just had a heart attack

1.8 new after-dinner LDL target for smokers of very high risk

slip through, thousands of others will benefit from the scattershot approach. Diet alone doesn't do the job—generally they reduce cholesterol levels by about five to 10 percent, most doctors say—and the swirling cost of increased statin prescriptions would swamp any pharmaceutical profits. Others and the providers might come up with

But though statins are the fastest-growing class of prescription drugs in Canada, there is a view among many doctors that they are not getting to enough people who need them before they've had a heart attack or stroke. The best estimates are that between three and four million Canadians are taking statins, but that's less than half of those who could benefit, says Dr. Ruth McPherson, director of the lipid clinic at the University of Ottawa Heart Institute. As well, she adds, 20 to 30 per cent aren't getting the appropriate dose, especially given the newer, more aggressive treatment guidelines, because Canadian doctors tend to underuse. Both of these assessments open the doors wide for greater long-term savings in the health-care system and, arguably, drug-company profits. But they also reassure people will stay with their drug regimes—and that's not necessarily the case.

"If you look at adherence rates," says Muhammad Mansoura, a scientist with Ontario's Institute for Clinical Evaluative Sci-

The first one is always a surprise

THAT FIRST heart attack, I had more the old-fashioned way: 52 and playing lunch-hour basketball with a little more enthusiasm than my body was happy with. Mark Amodeo's was similar, except he was 27 at the time. His warning came during a game of pickup hockey, but the 100-lb. goalie didn't land on his chest until the following weekend when he was rebounding

climbing near Ottawa. In both our cases, the results were the same: a trip to emergency and a roller coaster of emotions—anger, despair, embarrassment and ultimately relief that there is still time left on the game clock.

Amodeo, 31 now and a federal civil servant, wasn't on a statin before his heart attack, but he was being treated for very high cholesterol because of family history. His father had had two serious heart attacks already, and his mother had heart problems as well. (Last year his brother, 36, had a heart attack.) But when you're young and fit, doctors set standards a little lower. At least they were nine years ago, though they are increasingly being prescribed to teens and children whose cholesterol is over the



Shoppers weren't on the cholesterol pill club; it was up to them to take pills.

I wasn't on the cholesterol pill either—which, in hindsight, can probably be chalked up to dumb male pride. My cholesterol was slightly elevated, my family doctor wanted to prescribe a statin, but my cardiologist said I didn't quite fit the profile. I'd had heart surgery almost a decade earlier, so even a valve that hadn't turned properly at birth, and we knew that my arteries were clear. Also I was reasonably fit, didn't smoke and there was no immediate family history of heart disease. The cardiologist's was the diagnosis I wanted to hear. It was a badge of honour, I felt, not to be on a daily drug—a badge no longer worn.

Both Amodeo and I are now statinists and a host of other medications, part of the regime that kicks in for what is called secondary prevention—once you've had the major heart incident, Amodeo's cholesterol level is almost a third what it was before. Would he have taken statins if they had been offered earlier? "I don't know," he says, "you never really think this is going to happen to you."

Amodeo, who had five angioplasties between September 1995 and December 2006 for clogged arteries—and none since—is very die-hard about it. He says he had read only a couple of times a year, 1,300, how to become something of a label master. It's amazing, really, the foods that saturated fats can sear themselves into.

Both Amodeo and I count ourselves among the lucky ones: the damage to the heart muscle, while permanent, was not major. Neither of us will shiver much now this winter (at the moment, I'm still playing hockey and I still shoot hoops, though arthritis with a little less gusto than before). This will sound odd to some, but I understand completely when he said "it's changed my life, I guess for the better." That first heart attack, if it sticks in and cripples you taking too much for granted, won't make that mistake again. **R.S.**



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STATIN SAFETY

"At this point, we have had hundreds of millions of patients who've taken it. It's one of all of the statins, have been good in cases."

—Dr. Lawrence Lefkowitz,
St. Michael's Hospital, Toronto

enough, "they are terrible. We are estimating that more than half the patients started on these drugs stop them within about two years." This could be due to concern about side effects, or possibly because people don't feel any obvious benefit. And since of the biggest drawbacks are, nervously, the dizziness, those most at risk of heart attack or stroke (CSE estimates that of the approximately \$4.50 billion (Canadian) drug plan spent on statins in the U.S., about a third is wasted because people drop the drug too early to benefit fully). "It's the biggest issue facing statins all over the world," says Mansoura, "getting people to stay on them."



ARE WE SAFE ENOUGH?

A mandatory review of post-9/11 security could set off fireworks in Ottawa

IN THE FEVERED DAYS following Sept. 11, 2001, media reports that some of the hijackers had entered the U.S. from Canada briefly raised fears that a Canadian connection would be a big part of the story of America's worst terror attack. Soon after those reports turned out to be false, the notion lingered that Canada, with its porous versus refugee policies, might be an easy staging ground for terrorists targeting the U.S. Partly to fight that suggestion, Ottawa emphasized the role of a partner in the war on terror in North America—

a partnership that became even more key to maintaining decent relations with Washington after Canada refused to take part in the American-led invasion of Iraq. So when Tim Ridge, the U.S. secretary of Homeland Security, visited Ottawa last week to

meet with Deputy Prime Minister Anne McLellan, it was not as calm as the border security

There were smiles for Ridge, but McLellan may seem to be on the defensive

crossers they announced. And the same goes for this week's planned visit by U.S. Attorney General John Ashcroft, who is to meet McLellan at an Ottawa conference on policing.

Back-to-back courtesy calls by George W. Bush's top cabinet lieutenant on the domestic security agenda highlight how concerning terrorism has emerged as a dominant theme in Canada-U.S. relations. The next stage: federal Liberals hope to send even if crude disputes focus on what, number and costs, at least we have that file well in hand. But after showing off her rapport with her



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two U.S. counterparts, McLellan, who is also minister of public safety and emergency preparedness, may soon be on the defensive. She will have to tickle a mandatory three-year review of the Anti-Terrorism Act, by a parliamentary commission, likely starting in mid-December. The law, a Canadian version of some of the controversial U.S. Patriot Act, was passed in late 2001 to shore up the ability of federal authorities to battle the new terror threat. "This legislation was created close on the heels of Sept. 11," says Greg DeMigis, a Vancouver lawyer who helped draft the Canadian Bar Association's critical response to the bill three years ago. "The opportunity for public debate was more limited then than it is now."

DeMigis's point is that those who are leery of their rights feel more free to slam it than they were in those tense post-9/11 days. Critics say the act jeopardizes civil liberties. Some also want the review broadened to consider other related concerns, notably federal refugee policy. The bar association is working on the statute it will take on the review of the law, and was not yet ready to comment. But during the spring elections, the influential lawyers' umbrella group said the anti-terrorism measures Ottawa took after Sept. 11 "drastically expand state power at the expense of due process and individual rights and freedoms." The association also warned about "the resulting invasions of privacy and fundamental rights that have been creeping into Canadian law over the past few years."

The two most controversial measures in the act are so-called preventive arrests and investigative hearings. The arrest power allows police to detain a suspect without a warrant if they deem it necessary to stop a terrorist action. The power to compel individuals to testify at secret hearings is designed to make sure authorities can collect vital information on terror activities. While government is required to report annually on how these two extraordinary tools are used, it has done so only once since the law was passed, reporting that neither power was exercised in 2002. No report for 2003 has yet been released, prompting criticism from civil liberties advocates. But federal officials said the report for 2003 is being "fine tuned" and should be made public soon. So far, only one use of the investigative hearing power has come to light, in a Supreme Court challenge brought by a so-

luctant witness who was being forced to testify about the 1985 Air India bombing (the court ruled last June that the provision does not violate the Constitution).

At least one of the most contentious powers associated with fighting terrorism is not in the law coming up for review. Some investigations and intelligence agencies are managed by a process that allows the arrest and jailing of non-citizens believed to be a threat to national security under what are called security certificates. Several men are now being held in Ottawa prisons to deport them. While a federal judge must review the government's grounds for using the process, evidence and personal allegations can be kept secret from the suspect, which, they lawyers argue, makes it impossible to properly refute the charges. But McLellan staunchly defended the practice when asked about it at a news conference with Budge.

Another controversial immigration policy is expected to block many would-be refugees from entering Canada through the U.S.-Airplane-aisleway that is required to apply

**THOSE who are leery
of the law might feel
more free to slam it now
than they were in those
tense post-Sept. 11 days**

to remain in the first safe country they reach, meaning those who arrive first in the U.S. would no longer be allowed to move on to Canada, where the refugee process is seen as more welcoming. Budge said the U.S. expects to implement the new policy soon.

One part of anti-terrorism law that Ottawa is already considering to reviewing is the widely criticized Section of the Security of Information Act that was used early this year to search a journalist's home and office. The RCMP was hunting for clues to the source of leaked information to an Ottawa Citizen reporter who had written about the case of Maher Arar, whose deportation to Syria by U.S. authorities is now the subject of an inquiry. But the provision in the act invoked to justify that search have been around for decades—a reminder that while everything touching on national security is now viewed in relation to Sept. 11, the underlying concerns about the balance between civil liberties and state powers are timeless. □



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A tragic death raises the issue: do we really need these boats?

A group of men in naval uniforms are gathered around a casket. The casket is draped in a red and white striped cloth. The men are looking down at the casket with solemn expressions. The man in the center background is wearing a white cap. The man on the right is wearing glasses and a medal on his chest. The man on the left is also wearing a medal. The background is dark.

spare defence dollars, and the navy should lease them to the West Falmouth Mill before they bankrupt the federal treasury (I remember how upset the admirals were when I revealed in this space that the artificial pond at the Glenoraian brook's 'ghost' shopping centre had a larger submarine fleet than the Canadian navy did.) Then, we had three Obasan-class submarines that were vaguely described as possessing 1960s technology, though the British HMS Oberon was launched on July 18, 1953, and was very much a 1940s product, partly modelled on German U-boats.

At this point, I should declare my interest. Unlike every other subject that I have written about, I have not formed these opinions in a neutral vacuum. I have written on naval matters less as a journalist than as someone who proudly served 40 years in Canada's naval reserves, rising from ordinary seaman to captain's rank. I also put in two years as head of the Maritime Defence Association of Canada, another navy's leading professional organization. This hasn't named me into a fish on the navy's behalf, but it has given me reason for advocating

preservation of the navy's good name. I feel that I must speak out on this issue: wasting money on fixing up a useless submarine fleet makes me as just plain dumb.

As a time when our armed forces are deployed almost entirely on peacekeeping missions, these newly acquired boats stick out as being very un-Canadian. No matter.

WHY should we spend good money after bad to get these pesky underwater contraptions into operational mode?

What the admirals say, they are designed as offensive weapons, to be used in a war that we won't start or have to fight again. If we ever get them working, the next step will be to arm these underwater steers with one of the M48 heavyweight torpedoes, the sort that are considered as the nuclear-powered subs which form the U.S. navy's most powerful deterrent. These torpedoes can home in on their targets at speeds of

up to 55 knots, hitting ships up to 38 km distant. Who is going to be in the Canadian skipper's sights as he aims his torpedo at the enemy? Exactly. I can't imagine, and neither can our admirals.

Why we should spend good money after bad to get these pesky underwater contraptions into operational mode completely escapes me. It must be because our dreams are determined to fight the Second World War all over again. One can hardly blame them. Canada could then boast the world's third-largest navy. Our navy's sunk 27 of Hitler's U-boats and 42 surface ships. As well, the fleet shepherded 25,000 merchant ship crossings between North America and Europe in convoys that Winston Churchill hailed as having been decisive in winning the war.

But that was then, and this is now. Canada is facing no maritime threat, not even from the winds belched of the rogue states that George W. Bush described as the axis of evil. Unless I missed something, the gun wars in Afghanistan and Iraq are being fought on land. Perhaps there is a Tibetan fleet lurking somewhere in the Indian Ocean waiting



A British tugboat pulls the badly damaged Herk Chicaout up the River Clyde towards the British naval base of Falmouth, Scotland.



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to take us on. And perhaps the real reason fielders Hugin's weapons of mass destruction went AWOL is because they're about to be auctioned, set to sail up the St. Lawrence River into the Great Lakes, where they will fall merrily onto Bay Street and downtown Chicago. But I doubt it. So why do we need submarines designed to hurl our own weapons of mass destruction against unusable enemies?

We don't.

The official navy line is that even with death-defying armaments, our submarines are the powerful defenders of our sovereignty and fishing grounds. That doesn't make much sense. Conventional submarines, working full out and maintaining insurance-free, can maintain sovereignty surveys over an area of 125,000 sq. km in 50 days; the maximum time they can stay at sea. Maritime patrol aircraft have modernized CP-140 Aurora can survey 300,000 sq. km every 10 hours.

In the early '90s, I carefully monitored the activities of the now defunct fleet of Oberon-class fast patrol boats in current boats. Here their records grossly exaggerated, because there is only one example of fisheries protection crew over those years. I call it

the *Battle of George Bank*. American fishermen kept using that Canadian fishing zone until one morning when the HMCS Oylbow, carrying an official from the Department of Fisheries and Oceans, navigated the poaching fleet. ("Hey Jimmy, look at that. Big Mother! We better get outa here...") Regularly by 1995 only one came back. More

CANADA faces no maritime threat, not even from the worst of the rogue states George W. Bush calls the axis of evil.

continuous was the submarine risk during the 1935 Turbot War, when HMCS Okeanos is supposed to have surfaced near a Spanish fishing trawler on the Grand Banks and scared it away. This never happened, though the Department of National Defence actually documented the alleged incident. "The worst case scenario posited that Spanish warships might become involved. In these kinds of analysis, the value of a modern submarine service was indisputable. The risk posed by our submarines

to us extended Spanish railway supply line would have denied them from considering a large-scale military undertaking in Canadian waters. In fact, it deterred military options in the first place." (And I thought that daily tons of naval runs were paid.)

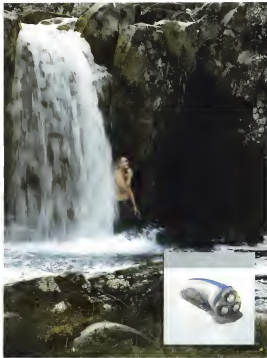
The real reason we have submarines, though defence headquarters will never confirm it, is far more precisely the Americans. Since any submarine manned by Third World rogues would be conventional, and the U.S. navy has no non-nuclear subs for training their anti-submarine surface ships, the Yanks need our subs to practice on. That's the rationale for having submarines, and it doesn't impress me very much, considering that the cost of the porous British subs has gone from \$750 million to \$900 million and their annual operating costs have become 25 per cent higher than originally promised.

We can't afford to spend what's left of our naval reputation and funding on silly projects like this, which add nothing but embarrassment (now tagged with ingenuity) to the so-called silent service.

Peter C. Newman's column appears monthly, previous February 15.



Newman, in steel captain's uniform circa 1988, served in the reserves for four decades; the decommissioned Oberon-class submarine (sinking at Halifax harbor in 2002) were very much a 1970s product, partly modelled on German G-boats.



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CHINA'S CENTURY

How the booming Chinese economy helps Canada—and hurts the U.S.



THE WASHINGTON morning of G7 finance ministers earlier this month wasn't a reprise of the 1999 Battle of Seattle. It's not that anti-globalists have become disciples of Adam Smith; it's just since WWII, there's been no tolerance of trade violence along the Potomac.

But leftist opposition to free trade is still growing. The Democrats, once the party of free trade, have switched sides with the Republicans, since the

party of protectionism. Under intense pressure from the AFL-CIO, six Democratic congressmen from Chicago voted in July against the free trade treaty with Australia, allegedly because that country isn't sufficiently pro union and pro environmental protection. The real reason, however, is that the words "free trade" have become so obscene among the far left that ratifying any treaty that includes these words is the equivalent of aiding the Vatican to sign an agreement promoting abortion.

Nevertheless, like other G7 economies, the American economy is being reshaped by Asia. If the 20th century was Europe's, the 21st century, then this century will be defined by China, with help from India, Russia and the Middle East. Stock markets have already begun to reflect this power shift. That is why Canada and Australia, supporters of free materials to these nations, have been

The Chinese have quietly moved from the global economy's backstage to centre stage

the top-performing stock markets in the industrialized world for the past five years.

Why should the most commodity-oriented of the major stock markets be the best performers? From 1982 to 2005, global commodity prices (and shares of companies producing commodities such as metals, oils, forest products and agriculture) endured a sustained decline compared with prices of finished goods, services and real estate. This is what I call a "triple waterfall." It follows a mantra in which "new era" propaganda leads to massive speculation and over-investment in productive capacity. That leads to a three-stage plunge (interrupted by brief "sucker rallies" in which buy-out investors delude themselves that the good times have returned and throw even more money into the doomed sector of the market).



The Outlook:

Business Travel Trends

EXECUTIVE FREQUENT TRAVELLER



Airline prices have bottomed out. Car rental rates are down. And hotel room rates are creeping up again at last.

The highlights of BTL Canada's survey of business travel for the first half of 2004 show that businesses are continuing to experience the buyers' market created by economic restrictions, travel jitters and confused competition for their loyalty. Now, as capacity starts to equal demand, the question is whether the lullage will continue to roll as prices start to rise. A large corporate travel consulting firm,

BTL Canada bases its survey on 125 client companies. Here's how it sees the business travel picture.

Air travel

Airline ticket prices have fallen steadily since 2001, and are down 1.7 per cent on average since 2003. But don't expect it to last. "They have probably bottomed out," says Jill Kellow, BTL's director of national corporate consulting. "With fuel price hikes, they will probably need back up through the latter half of 2004."

Still, Kellow sees opportunities for corporations in negotiating buying rates in the domestic market because of com-

petition among the main carriers. "The road service, the bells and whistles, all the extras that they used to charge a premium for have all gone away," she notes, "so there will be opportunities for hotel bookings."

Hotel stays

Domestic hotel rates have inched up 2.5 per cent in the first half of this year, and the rise is an even stronger 5 per cent for boutique hotels. Ottawa saw the most significant increases while Vancouver rates actually declined. Other major cities stayed relatively flat, as did the international market.

Kellow says the overall upward trend is likely to continue. "There are not many new hotels so they seem to be reaching a supply-and-demand equilibrium," says Kellow. She suggests that the strongest performance for independent hotels could indicate that corporate travellers are beginning to look for more personalized service, but it could also mean that the bid may finally be loosening on the corporate travel budget.

Car rentals

The signals were also slightly mixed for car rentals. While the average rental rate dropped to \$45 from \$48, the data by rental company categories was an enigma. "As the economy comes back," says Kellow, "some travel policy restrictions appear to be lifting."

Online booking

The trend toward online booking is now reaching more deeply into corporate Canada. BTL Canada forecasts that, "by the end of 2004, 40 per cent of corporations will be on a self-service booking tool," says Kellow. "Transitions are occurring on a steadily basis. It's now a case of life to research and book travel online in the corporate market." The move is plain: The BTL survey says companies paid 20 per cent less for travel services when they booked online.

CAN YOU TELL WHAT'S WRONG WITH THIS DRINK?

You can't see or taste the hepatitis virus in your drink. And that's just one of the many ways that over a million vacationing Canadians face hepatitis risk every year – even at the best tropical resorts. The World Health Organization (WHO) considers that all of Mexico and the Caribbean islands (including Cuba) are high-risk areas for acquiring hepatitis A. Hepatitis A and B are serious liver diseases that can sometimes be fatal. Once infected, you could easily spread the illness to others back home, even before you know you're sick.

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Travel and Hospitality:

Better for Business

The three sparse years that hoteliers have just experienced, plus the era of discount air travel, together have vastly expanded the options for business travellers, who once paid top dollar for everything. But just as these thrifty times have transformed the way airlines and hotels market their services to business travellers, they have also opened up plenty of room for travel and hospitality providers to differentiate themselves.

Up in the air

Showing plenty of getting pluck, Air Canada has presented some interesting new strategies to offer business travellers. In September, it introduced Fly City Passes, an evolution of its popular bulk-purchase business-targeted Latitude Pass, which is good for 10 or 20 one-way legs on the Rapidair routes between Toronto, Ottawa and Montreal. (Latitude Passes are also



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Airlines are making other great strides to make it a little easier to work while flying. Lufthansa will be offering

its FlyNet Internet portal on all 78 long-haul flights by the summer of 2006. It's a free connection for news, financial, lifestyle and travel reports, updated via satellite. Passengers can also use the service to surf the Net, send e-mails or connect to company intranets. "The aircraft will become a flying communications center," says the company in a release, providing passengers with chosen managing from entertainment to email.

Back on the ground, Lufthansa is

planning another interesting new twist for business passengers. Early next year, it will open an exclusive terminal at Frankfurt for its first-class and other qualifying passengers. The striking premise is it will be "more like a luxury hotel than a departure lounge." It will shorten distances, combine check-in and passport control and streamline security checkpoints. There will also be personal guides to get you to the gate on time. The terminal is currently under construction.

Hotel hedonism

For hospitality providers, the selling proposition for business is still value—service, amenities and convenience.

Convene Plaza has acted on what is, after all, the pain of heads—sleep. The chain of more than 200 worldwide hotels spent more than 12 months and considerable resources to research guests' sleep problems in order to come up with its Sleep Advantage program, launched in September. They even brought in a sleep-disorder expert.

For travellers, the sleep-inside means new bedding consisting of natural-coloured mattress toppers, cotton blankets and plush pillows. There are now designated quiet zones, from Sunday through Thursday, consisting of at least one floor for business travellers. Drapes have a clip to close off the sliver of sunlight that inevitably pursues the moon at dawn's early light. Rooms have sleep CDs, eye masks, earplugs and—who could have predicted?—lavender spray that don't underestimate the importance of all that. A 2004

Reserve a room anyway you like—by telephone, on the Web, directly with the hotel or through a travel agent

Decora Research poll of Canadians found that one-third of travellers don't get enough sleep on the road—and

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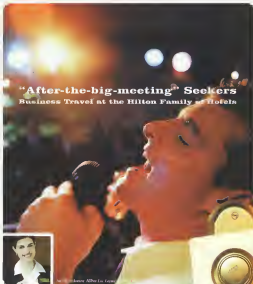
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For whatever you seek



THE BURDEN OF THE PAST

Moscow's legacy weighs heavily here, writes
ALEXANDRE TRUDEAU

A ROAD TRIP AROUND MOSCOW might distract one with new roads, shopping malls and slick housing developments. But a road trip in Georgia will reveal deeper reminders of a bygone era: immense industrial complexes slowly decaying, massive but increasingly shabby public housing crisscrossing out of neighborhoods of traditional houses, great roads in great disrepair, streetlights where there is no electricity, gutted state stores in rustic villages. These are the ruins of the civilization that was the Soviet Union. It may have been fatally flawed, but no one can deny its reach and transformative power. After all, it gave

the world Sputnik and the first man in space. For all its failings, the Soviet Union laid out a network of what the serovost village was a part. Some businesses would flounder in the powdered milk or flour entitlement for its inhabitants. Others would be built to get there, and some drivers would be assigned the fuel to deliver these products. In principle, every man, woman and child in that village was looked after, if only on paper. They were thought of, if only by the machine.

Now, as the monuments of the Soviet Union slowly crumble, much of the world

has been once touched withdrawn into a small space, one where the inhabitants are left to their own devices, to virtually infrastructure-free subsistence economies. Either free-market forces have not yet reached these places, or they act like vacuum, sucking the people toward the centers of capital, leaving ghosts and ruins behind.

Of the disappointing conclusion that was the Soviet Union, it can be said that no man was more responsible for its success or its fall than Leonid Yegorovich Dzhugashvili, aka Joseph Stalin. At Stalin's death in 1953,

Wissam Chahshali and of them (the "Soviet Russia with a wooden plow in its hand and left it with the atom bomb." The Georgian Stalin may not have too many fans left. But he does have descendants.

Joseph Jughashvili is a pioneer in Tbilisi, Georgia. He is a fresh-faced, blond-haired young man of 33. On my arrival in Georgia, he makes a first me at the airport, wearing Bermuda shorts and a lumberjack shirt and holding a small sign with my name on it. Even though there appears to be a family resemblance, it is hard to know Joseph is serious about to even associate a someone so young going with the ruthless Stalin.

The family story goes something like this: Stalin had a son, Yakov, with his first wife, Ekaterina Svanidze, to whom he was married for just three years until her death in 1907. Yakov died as a New prison camp after Stalin refused to trade him for a captured German

general. Yakov's son, Yegor, grew up in a military orphanage and went on to become a Red Army colonel. He had two sons: Jacob the painter, and Jacob's older brother Wissam, a filmmaker. Only (in the branch of the family do Stalin's descendants still bear a scintilla of his name, and still live in Georgia. Georgia has a string of people proud of Stalin's heritage—and proud that one of their own once dominated the Soviet Union. But most, and especially those in power now, revile his name. That hasn't been easy for Jacob and his brother Wissam. Found it impossible to find work, and is now doing manual labor in New York City.

Jacob carries his name's burden more deftly. As an actor, he just gets by. Few Georgians have money for art, and therefore lack of action. He lives in a cramped studio that he is intent on defending Stalin when he feels his ancestor is unfairly demonized.

Although the country is poor, Tbilisi, the capital, is developing a more western flavor.

During one of my preliminary meetings with Chahshali in Tbilisi, Jacob lectured them about Stalin and achievements. He is sorry to interrupt, he says, but he "must clarify a few things." Later he jokes, "It is my life's duty." Jacob may be struggling with a heavy past, but so with any other young Georgian, the uncertain future weighs more heavily. "I was one of those who was against the former president Eduard Shevardnadze during our so-called Rose Revolution last November," he says. "We can do better."

GEORGIA is an ancient, mostly mountainous place. Its language, like many others in the Caucasus, is old and unique, as is its brand of Orthodox Christianity, separate variety of the faith. Georgians are not as

rough and warlike as many other nationalities in the Caucasus. They are in fact an agricultural people who boast one of the oldest viticulture traditions in the world. And their cuisine is probably without equal among the former Soviet republics.

But modern Georgia is a serious risk factor, with over half its population living below the poverty line. And since the breakup of the Soviet Union, relations with Russia have been periodically strained. In the early 1990s, Russia supported the separatists in Georgia's western province, Abkhazia, by giving many of them Russian citizenship (Abkhazia now rules itself as a breakaway region). Russia has also caused problems among Georgia's Ossetians. For its part, Georgia has consistently provided safe haven to Russia's enemies, the Chechens, over the past decade.

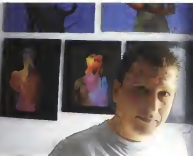
Georgia does not have any oil and is a

and imports of energy. But since September 2001, it's been building a massive pipeline from the Azerbaijan oil reserves, through Georgia and Turkey, to European markets. Once it is completed, Georgia will receive US\$50 million a year for transit rights. But it will have to protect the pipeline from sabotage, and given the region's ethnic problems that may not be easy. Moreover, Russia is far from overjoyed about oil that used to be under the control of the former Union being scooped out of its hands and into the West. The area's geopolitics are not likely to get any simpler soon.

Soviet central planning, meanwhile, has left a bad legacy. With Moscow focusing different sectors of economic activity in different regions, Georgia was to some predictably agricultural. Now, thanks to its closeness with Russia, there is no obvious market for Georgian produce. As for manufacturing, Moscow did establish the Soviet Union's biggest metallurgical plant in Batumi, near Thailand. With the market now dried up, it is slowly being dismantled and sold off piece by piece at very low prices.

DURING the Boris Yeltsin era, Georgians pointed against a corrupt government that had long since failed to meet their expectations. In January's presidential election, they chose a U.S.-educated lawyer, 37-year-old Mikheil Saakashvili, once entering a career of hope. Through the persistence and connections of photographer Nick Hollander, who accompanied me, the new president greeted an audience, despite his usual concerns about my diagnosis, next to President (Machukadze, Oct. 11). He is a big man, with a youthful face and a boyish manner. Nine months into the presidency, he tells me that by reducing corruption and tax evasion, his government has increased budget revenues by 300 percent (at US\$700 million, though, the country's budget remains tiny). About his achievements outside the fiscal realm, Saakashvili summarizes: "We have regulated the delivery of electricity, and we are building a new panregional electricity."

Much Georgians agree that Saakashvili is too close to the U.S., which will be of no real



saakashvili just gets by, in a place where there is little money for art but no shortage of artists.

benefit to a country so deeply rooted in the East, especially if the U.S. thinks Georgia is an effective thorn to be used against Russia. They are concerned about the state of relations between Georgia and its giant neighbor, especially since Russia imposed a visa requirement on Georgian citizens a few years ago (Russia has also resented the possibility of barring air travel between the two countries). One can't forget that Georgia was

JACOB is intent on defending Stalin when he feels his ancestor is unfairly demonized. 'It is my life's duty,' he jokes.

part of Moscow's sphere for two centuries, although a tour through Tbilisi State University reveals that many young Georgians don't speak much Russian—something unthinkable for older generations (while they can prefer English, few young people speak that language either).

The countryside grows poorer, but Tbilisi is slowly developing a western flavor and nightlife. As in many other places in the former Soviet Union, growth is concentrated in the main urban center. The man in charge of Georgia's economy is Kakha

Berdoladze, an oligarch recently returned from Russia who made his money manufacturing industrial and mechanical equipment. Perhaps because of Russian President Vladimir Putin's maneuvers against the oligarchs, Berdoladze happily agreed to come back to Georgia to become Saakashvili's minister of economic development.

Berdoladze has a cosmic plan to far aggressive privatization of Georgia's state property. He says he wants to "sell everything except our constitution." When I ask him what he means by conscience, he says it is "whatever we can't sell." The idea is to bring new investment into the country. But Berdoladze tells me that since he took his post, he has only made two major sales. Outside almost in a place perceived as a warm and cheery country beyond the frontiers of Turkey and Russia apparently has to wait. There will be no quick riches. Georgian will have to balance the gradual acquisition of real independence with the desperate need for more foreign investment and the often cruel promises of an emerging free market.

Jaco Japashvili, press grandson of that first famous 20th-century writer, summarizes his fears by saying that "with this kind of primitive free market, I am afraid it is a case of whether for us all. The idea of having to tell your kids be ruthless, and you will triumph."



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BUY AND CELL

Cellphone spam has exploded overseas. How bad will it get here? And how soon?

BY DEBBIE CHEZIK
NCD RYON TTYL

IF YOU UNDERSTAND THAT, chances are you're one of the quarter of Canadian cellphone owners who use the use less to send and receive messages. (For the rest, it means "free for dinner tonight?" "No can do. I have to work. Call me later.") But even those who don't "text" regularly will understand this: GAP-SALE XL. JLU SWTR. 50% OFF.

In a gadget obsessed culture, where powerful communication devices now travel with us everywhere, it was only a matter of time before unsolicited ads jumped from the desktop to the cellphone. Almost 60 million text messages now traverse Canadian cellular networks each month, and a small but growing number of those are spam.

Adding injury to insult, many cellphones have to pay to receive them.

If so far you've eluded the text ping of a

WHAT YOU CAN DO

Keep your cell number private. Only give it out to friends and family. Never put it on forms requesting a phone number.

Opt out of marketing programs. Ask your cellular service provider to take you off its promotional lists, either through its website or by contacting customer service.

Notify your carrier when you receive junk text messages. This will help your service provider tweak its filters in order to block future advertising from that source. BC

marketer, you probably won't be far long. According to one research study, 50 per cent of American cell users have received commercial messages on their phones, either sent by their service provider or others' behalf or by spammers who've hijacked the wireless network. This figure, however, pales in comparison with Europe and Asia, where cellphone spam has become a serious clogging the systems. Japan's largest wireless provider NTT DoCoMo, for one, stops an average of 960 million junk messages a day, a volume that represents 50 per cent of its traffic.

Why has North America avoided this onslaught so far? Largely, it's because we're not as big a market in cellphone adoption. As of this summer, there were 14 million wireless subscribers in Canada, which translates



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ECHOES OF BLACK MONDAY

It's market crash season—and it looks like we're due for a big one

EVERY OCTOBER, the fear returns. Just as the leaves start falling, traders and brokers everywhere take a deep breath and hold it for a month. Caution rules the day, jittery fund managers soon even jumpier than usual, and in the weeks leading up to Halloween, nobody ever, under any circumstances, wishes the world a good halloween.

This is more than idle superstition. Market historians can tell you that October has yielded a lot of misery over the decades, most notably the great stock market crashes of 1929 and 1987. Smaller tremors in the late summer and autumn months of 1989, 1997 and 1998

have only heightened the tension. At this time of year, the same question lurks in everybody's mind: Could it happen again? Will we wake up one of those days to find that stocks have collapsed, that prices of Black Monday? And if another crash does plunge our biggest trading partner back into economic turmoil, what would that mean for Canada?

Think back to 1987 for a minute. *Three Men and a Cradle*, a heartwarming comedy starring Steve Seidock and Steve Garmenberg, was America's top grossing film. Blackwater, a somber film about the Vietnam War, by Prince and U2's The Joshua Tree. Ronald Reagan was in the White House. Lt. Col. Oliver North was coming clean about the Iran-Contra affair. And on Monday, Oct. 19, the world watched the biggest one-day

selling Sony TVs and Toyota cars to suburban families in Virginia.

Then, as now, the two main factors driving the U.S. dollar lower were the "twin deficits"—two giant holes in America's finances. President Reagan's tax cuts created a sharp increase in the U.S. budget deficit. At the same time, the American current account deficit—which measures the flow of goods and services into and out of the country—was soaring, peaking at 3.5 percent of the nation's economy at the end of 1986.

This should sound pretty familiar because, under George W. Bush, the twin deficits are back, and worse than ever. The U.S. is projected to have a record US\$422-billion budget deficit this year, due largely to the Bush administration's war in Iraq and its massive

outlays to speak of, even more so will be to pay higher prices for stocks and accept astronomical dividends for none. But for how long?

The entire market is being propped up by foreign investors who still see North America as the world's most stable economy, and who continue to buy American stocks and bonds in massive quantities. In effect, those huge budget deficits in the U.S. are financed by overseas overseas who buy American debt as fast as the country produces it. But with the U.S. dollar in a steady decline, you have to wonder when foreigners will decide they're had enough.

Stephen Bosch, chief economist at Morgan Stanley, is already seeing signs that some foreign investors are losing their taste for the American market. Generally, most foreign money comes from private investors, but in recent months the buying has been led by governments such as Asian central banks. His theory is that these governments, eager to keep their currencies low and their exports high, are in a "last gasp" effort to prop up the U.S. dollar. The last time they tried that was

you guessed it: October 1987. When the foreign demand for U.S. stock finally disappeared, so did the retirement savings of millions of investors.

"There are increasingly worrisome signs of a replay of that same ominous chain of events," Bosch says. "The funding of America is an accident waiting to happen." Bosch figures that the world's governments are already holding too many U.S. dollars. If and when they decide to stop paying the bill for U.S. profligacy, well, break out your leather ties and leg warmers, folks, 'cause it's going to be 1987 all over again.

Don't laugh—Ponze is handling one of this year's biggest concert tours, and U2 will release a new album next month. If Steve Garmenberg makes a comeback, that you'll know we're in trouble.

steve.maich@madisonreport.com

IN 1987, when the foreign demand for U.S. stocks finally disappeared, so did the retirement savings of millions of investors. The same thing could happen now.

cut cuts. The current account deficit, meanwhile, has swollen to a projected US\$664 billion—or 8.7 percent of the economy.

Back in '87, investors got nervous when they realized they were paying dearly for stocks and getting little in return. Compared with earnings, share prices seemed too high and dividends too low. That October, the price-to-earnings ratio on the S&P 500 averaged 19.1, and the average stock dividend was 3.3 percent. Today those numbers are worse, with the average P/E ratio at the inflated 20.1, and the average dividend yield at 1.8 percent. With stock-based income rates and no

total wave of panic this time, the globe and ended with a 508-point, 25 percent collapse of the Dow Jones industrial average.

In the months and years that followed, the market regained floor, of course, and a fairly clear set of causes for the crash was identified. And wouldn't you know it? Seventeen years later, most of those triggers have returned, creating what some experts believe is a market earthquake awaiting a spark.

The first signpost parallel to Black Monday is the weak U.S. dollar. Between 1985 and 1987, the greenback declined 39 percent against the yen and 21 percent against the British pound. Over the past two years, the U.S. dollar has dropped about 28 percent against the euro and 11 percent against the yen, despite efforts by Japan's central bank to keep a lid on its currency so it can keep

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ON THE ROAD WITH WILL

An award-winning writer discovers new meaning in the word "Canada"

Beauty Tips from Moore Jew (Knopf Canada, \$32.95) is Will Ferguson's first book in three years. In it the bestselling author, who won the 2002 Stephen Leacock prize, returns to his first great love: travel writing. The following excerpt reveals the moment that triggered the book's central theme.

IT'S RARE to remember exactly where you were when events first occurred to you—or, at least, it's rare for me. I usually wander through life gathering notes and hundreds of the way reality pockets gather bits of lost, I'm not really sure how they got there, but there they are.

In this case, though, I can recall vividly where I was when it dawned on me that Canada is not a country but a collection of outposts it was while I drove through a night of heavy rain, into the realm of a sleepy suburb, a sleeping child and drowsy spouse beside me. We'd been on the road for hours, heading into northern New Brunswick. The waters washed back and forth, barely able to keep the windshield clear. Bats—thousands of water-washed across our view. At midnight, we crossed onto uncharted territory: The Republic of Madawaska. A self-proclaimed independent state, Madawaska is wedged among the provinces of Quebec and New Brunswick and the Association of Maine. The population is 100 people, but the people are the Québécois (not Acadians, they are not Bretons). And Madawaska is their heartland. La République.

Northing Frye once noted that what set Canada apart in the western hemisphere was one lack of a distinguishable frontier—a line that advanced purposefully toward the map like a bulldozer, separating one world from another, with "settlers" on one side and "vanishing wilderness" on the other. In this, our experiences diverged drastically from those of the United States. The American "frontier thesis" is a heavily symbolic narrative of progress and order ascending over the chaos of raw untamed land—may be historically accurate, but its psychological impact on American society cannot be understated.

By contrast, Canadian history advances

for the country is "metropolitan thesis," in which the flow of ideas and goods formed outward from various urban centers to small scattered pockets of civilization—in outposts, in effect. In a country so sparsely populated and as vast as Canada, it could hardly have been otherwise, and this reality of who we are is played out before our eyes from the window of any given airplane on any given night. Beyond that luminous glow of the major cities, the metropolitan islands away into a yawning darkness, an empty space punctuated only by intermittent chains of light.

The effect upon the Canadian psyche, Frye argued, was something he furiously called the "garrison mentality": a sense of

CANADA is the outposts and the outposts, side streets and stubborn enclaves, city cul-de-sacs and far-flung towns

closed and exclusive broad us from everything behind painted walls, far from "home" is a land as savage as it is stiff-necked. The essential heroic impulse, as it were. (One obsessive line of isolated shopping malls can be seen as a continuation of this narrative, though personally I blame the weather.)

But garrison is too dark a word. "Garrison" suggests growing despair and impending attack. I prefer the term "outpost," because it includes a wider range of possibilities. Outposts are not only geographic, they can be linguistic, political, cultural—even philosophical. I think of French Quebec and English Victoria, but also of the popular islands embedded in Calgary's unyielding openness. I think of the endless Acadia

and the outcast Loyalists of First Nations, once shattered, now regrouping. I think of failed utopias and deluded colonization schemes. Of farmers lost and farmers found. I think of the kingdoms and gold movements. I think of the descendants of the Underground Railroad and the Gaelic communities of Cape Breton. Small triumphs of survival. Mini-spaces of continuity.

Outposts can become enclaves—the Anglos in Montreal or the Lebanese in Charlottetown—and enclaves can disappear. Such was the case of Vancouver's black community in Hager's Alley, or of Halifax's Africville. Or of the "13 lost tribes" of Canada's Jewish Colonization Association that once existed in farming communities and battles between Winnipeg and the Rockies.

Communities overlap. Cities collide. And outposts spawn off from one another, as well. In Fort McMurray, Alberta, a far-south town dedicated to winning wealth from the earth, I once found myself in the company of a colony, an outpost of an outpost. You've heard of Christmas and Little Italy. In the far sands of Alberta, a booming "Newfoundland West" has taken hold. Fort McMurray's lively (and noisy) export community (mostly highly paid oil workers) has transformed this remote, landlocked city into one of the largest Newfoundland communities outside of St. John's. Newfoundland, in turn, can be considered an outpost of Idaho and of it goes.

Do you remember that old Roger Whittaker song Canada, with its rhy-ming back-towns and its shopping list of locales? (Canada is the Rocky Mountains, Canada is Prince Edward Island...) Well, that song now seems profound. Canada is a series of its regions. It is the outposts and the outposts, the side streets and the stubborn enclaves, the city cul-de-sacs and the far-flung towns.

The presence of outposts is evident in other immigrant rumors, but in Canada it has become something of a defining trait. Whereas the United States had a Frontier, and countries like Argentina and France



and England have the Capital, one clear, overpowering, political, social and cultural center—Buenos Aires, Paris and London being the national death throats of their respective nations—Canada has no single central city. It has scattered metropolises of various sizes, regional outposts with their own spheres of influence. There is no London, and that is not necessarily a bad thing.

Canada is interestingly eclectic, traditional and urban reality only highlights this patchwork character of ours. Far from being homogenizing, agents, Canadian cities have increasingly come to resemble jigsaw puzzles wedged together from corners of different boxes, in which the various disparate pieces still somehow, sort of, almost fit.

I have spent the last three years traveling

across the outposts and enclaves of Canada. I began in the Pacific and then slowly worked my way east, from the southern end of Vancouver Island to the northern tip of Newfoundland. When the explorer Samuel Hearne first attempted to walk from Hudson Bay to the Arctic Ocean in 1769, he knew where he was going, but he didn't know where he was going. In terms of geography, an unknown country. In preparation for the trek, Hearne sketched out the coastline on a deckchair parchment, but he left the interior blank; he would fill things in as he went, adding details as he traveled. In a similar fashion, I want to fill in the broad outline of my own story of Canada, to add small but telling details to the cartography I carry inside me. Then, unlike Hearne, I didn't have to eat raw caribou

horns to survive, or cross ice fields in a raging blizzard. But I was almost invigorated by a gang of moose, and I did get a really bad blister on one toe. (When writing travel memoirs, it is always important to stress the hardships one has faced.)

I would have kept traveling if I could have, but that wasn't possible. At some point you need to stop traveling and try to put what you've seen into perspective. It is my own incomplete, site-specific version of "Canada is." Canada is a Moose Jaw morning. Canada is a Stopping Giant. Canada is the St. John's harbour. Canada is ...

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CRIMES OF COMPASSION

Mike Leigh's tragedy of tender beauty is one of two new period pieces

CONJURING THE PAST is one of the most magical things that movies can do. Here are two period pieces—both tales of women who defy the moorings of their age—then British filmmaker who takes opposite approaches to evoking an era. *Vera Drake* is the 1930 tale of a Victorian shortbread with a heart of gold. Directed by Mike Leigh, that manner of sparse realism, it's an intimate, exquisitely restrained family drama with some of the best acting you've never heard of. *Meat in the Clouds* is a sweeping saga about a libertine hero and his wife against fascists that spoils her film. Directed by John Dugan (*Winged*,

Service), the Canada-U.K. co-production is set in Europe but shot largely in Montreal, with Oscar-winner Charlize Theron as the starring role. Right sources, if you look to choose between the two tragedy of an aging shortbread and an epic romance about a gipsy schoolteacher, you'd probably pick the latter. But Leigh's drama—his finest since *Secrets & Lies*—is by far the better movie.

Vera Drake takes place in the London of Leigh's childhood, a port town where memories of the film and food radiating all cut a long, chilly shadow. Leigh has created a tone: perfect portrait of characters blessed, and cursed, with that easy British manner—down working class life who try to muddle through and look on the bright side. Vera Drake (Emilia Fox) is a widowed mother of Englishmen who thinks everything can be solved with a nice hot cup of tea. A mother of two adult children, she works as a house cleaner and is happily married to Stan (Philip Davis), a mechanic in his brother's garage. The Veras has a secret life. Even her husband is unaware that she makes house calls to young pregnant women.

Armed with a bit of carbolic soap, disinfectant and a syringe that she keeps in a biscuit tin, she induces miscarriages. Vera takes no money for her trouble. It's just something she's done for years out of the goodness of her heart, without ever giving it much thought. She whittles away any anxiety with that "never mind" credo of simply carrying on—reassuring each woman she helps that in a day or two she'll be "right as rain." Inevitably, something goes wrong. A girl ends up in hospital, and as the police pursue Vera for her crimes of compassion, finally put her put to a sad fate.

Unaware of her own heroism, Vera just crumbles from the shame of it all. Situation is wonderful as this self-effacing saint who's determined not to make a fuss, even in her own demise—such a far cry from a Hollywood heroine. But *Vera Drake* is also a family portrait of the loyal and loving husband, the noisy daughter who makes up for her mother's silence with a homely neighbor, the status-conscious son working as an apprentice tailor, the sheepish brother-in-law being force-fed the suburban dream by a graying wife. The movie is so well cast that the family members even look alike. And as drab as it is, *Meat in the Clouds* is a tender beauty to this atmosphere of political repression—from the strident dingy wallpaper to the ubiquitous cigarettes, which are offered like

tiny, smoldering comfort amid the subtle incarceration of British class society.

Meat in the Clouds gets class conflict into eye candy. The story begins in 1913, one dark and stormy night in Cambridge, as a beautiful woman, asked to the club, burns into a southern house and who to say the night. Cilla (Theron) is a pretentious French American heiress who's almost about to flee, sure, Guy (Theron's real-life beau, Stuart Townsend) is a working-class lad from Ireland who's serious about politics. They end up in Paris, living with Mia (Penelope Cruz), a friend of Cilla's who's fled the Spanish Civil War. The mileage breaks up as Mia rejects the light against fascism with Guy. But the romance soldiers on, all the way to D-Day.

Handsomely shot by Justin Higgins's cinematographer, Paul Sarroty, *Meat in the Clouds* is a gaily pleasant, faceted by real chemistry between Theron and Townsend (and in that roughy just in the title) but with solid help and support, it's more interesting than movie—an aesthetic collection of love, war and Nazi intrigue that still doesn't seem to be about anything. **B**



Situation (left, with Davis) is wonderful as a self-effacing saint determined not to make a fuss



Brad Simon, CFP® Manager

Brad Richards Hockey Player

On achieving financial goals and other net benefits.

This is a business story straight out of the sports section. As an amateur athlete, a dyed-in-the-wool hockey fan and later as a journalism grad of *The Hockey News*®, CFP® professional Brad Simon sought a game plan that would reconcile passion and professionalism. At Newport Sports Management he found his niche as an athlete representative. "People think of Jerry Maguire as the embodiment of sports management—and obviously contract negotiations are an important part of a professional sports agent's role—but financial planning is no less critical."

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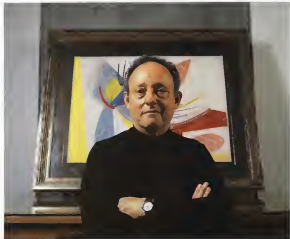
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BRINGING BACK OSCAR

The painter's son, writes KATHERINE MACKLEM, won't let Canada forget Oscar Cahén



MICHAEL CAHÉN remembers sitting quietly by his father's easel, watching as then-premier Oscar Cahén flawlessly—and rapidly—drew an illustration. “He was incredible,” Michael recalls. “He’d go with a hard pencil and—bingo!—out it came. You could see the story growing. It was like an animation.” Another lively memory is of drawing at desk with his dad as the war’s *Assault on France*. “There was something romantic and magical about spent time in those days,”

says Michael, now 59. “He loved sports.” Tragically in 1956, when Michael was 11, a gravel truck smashed into his father’s Studebaker on a road near the family home in Oakville, Ont. Oscar Cahén, then 48 and at the height of his career, was killed. An acclaimed magazine illustrator, he was one of Marlow’s most prized, prolific contribu-

Michael, who was 11 when his father died, is hell bent on restoring the artist’s reputation

tors, creating visuals for stories by Marley Callaghan and P. Scott MacKenzie, among others. He was also an internationally renowned painter—“a volcano with a paint brush,” one writer said—a bold colorist at the forefront of the abstract art movement in English Canada. Oscar had suffered all this despair—perhaps because of—a chaotic youth. Escaping Germany for Czechoslovakia at 17 with his father, an anti-Hitler activist, he then joined the underground himself. Yet he



Oscar Cahén



Two untitled works (top), *Composition, 1953* (left). *The Warrior, 1956* (opposite). Cahén was a dissident force in Postwar Britain, which introduced Toronto to abstract expressionism, and might have clashed with Ringuette and Huard as his legacy been honoured

was later interned in Britain and sent to an enemy alien camp near Sherbrooke, Que. Still, he managed to become a leading Canadian artist. "Cahén's early death," wrote critic Paul Dault in *Four Decades: The Canadian Group of Painters and their Contemporaries, 1930-1970*, "may well have robbed Canada of its potentially greatest painter."

The Canadian art world lost a leading artist, Michael, and his mother, Mimi, lost the family's centre of gravity. Following Oscar's death, Mimi plunged into a deep despair from which she never recovered. She became a recluse and, for decades, to everything belonging to her husband, in particular his artwork. Occasionally, in need of income, Mimi would sell a piece. She moved often, to various spots in Ontario and, later, Florida, where she lived until her death in 1990. Sadly, the widow didn't take good care of Oscar's work, sometimes,

Michael says, paintings were left standing in an unused bathroom. Mimi was a heavy smoker, and the years of lighting the cigarette from another left pieces darkened and dirty. "With little of his work being shown or traded, the artist fell out of view."

For the past two years, Michael has been making no attempt to restore his father's reputation. "I have a vision," he declares. "By the end of 2006, Oscar Cahén should be by every measure acknowledged as a top-tier Canadian artist." The painter's son, who attended after three decades at an overseas banking and says he has no artistic talent himself, is devoting all his time to the revival of Oscar's name. "Normally you'd say the goal is to have a trans-Canada show in 2007," says Michael. "That isn't the goal. It's deliverable, a result. The objective is to see it on the walls and to have people enjoy the work." An exacting man, he worries that he comes off

as overbearing. "You've been warned about me," he often says upon meeting people for the first time. "I'm nervous and all that stuff." The Cahéns, we tend to throw ourselves into what we're doing.

OSCAR CAHÉN was born in 1916 in Copenhagen, the son of a German Jewish intellectual, Felix Max Cahén, who travelled widely in his career. He worked in senior levels of the post-First World War German government, wrote plays under pseudonyms, and was a newspaperman. Felix, whom Michael got to know only after Oscar's death, was married, truly feared his wife. "He was a very bright, strictly academic who spoke 10 languages," says Michael. In 1936, he was a correspondent in Denmark. Felix and his Roman Catholic wife, Miki, both supported their son's wish to be an artist, but insisted on a proper education. Oscar read



all at the prestigious Kunstakademie in Dresden, and in Paris, Italy and Stockholm. In the early '30s, as the Nazi grip on Germany was tightening, Felix became active in the anti-Nazi underground. In 1933, after receiving word he was about to be arrested, Felix, with Miki and 17-year old Oscar, escaped to Sweden from Dresden and slipped across the border into Czechoslovakia. By 1937, Felix had become a resistance leader, and even being outside Germany was dangerous. He left his wife and son to write about America for a Czech newspaper. In 1939, a U.S. publisher released Felix against Hitler, Felix's fascinating account of his life in the war. Hitler movement.

Oscar, too, was involved in the resistance in Prague. He may also have been the family's main income earner. Felix writes in his book that he had paying work only once in a while, noting that Oscar sold drawings to

help the family. By 1938, a year after Felix had fled Czechoslovakia, Oscar was teaching illustration and design at the Russian School. Just before war broke out, he and Miki made their way to London, where he worked for the BBC, broadcasting propaganda to the Germans. He shortly after his arrival in Britain, Oscar was interned as an enemy alien and, in 1940, at age 24, he was sent to a prison camp near Sherbrooke.

An avant-garde director from the *Montreal Standard*, Ben Turner, discovered Cahén

after a photo seen from the newspaperly had shown pictures of the camp that included the artist at work. Curious about the intern, Turner commissioned him to do illustrations. Initially, the work was "downbeat—happy-go-lucky pieces of fine drawings to the grave," as the words of Dick Harney, who became a good friend of Cahén and art director of *Weekend Magazine*, which absorbed the *Standard* in 1951. But, later, Cahén delivered work that was "alive and delightful," and Harvey in a magazine following Cahén's death. About 18 months after he'd been interned, Cahén was released under the sponsorship of a Montreal newspaper named *Calvin Greenman*, and he quickly became sought-after by magazine art directors who recognized his talent and wit as an illustrator. Between assignments, he continued to paint. In 1943, Cahén moved to Toronto. "He didn't seem bitter about the war,"

'HE WAS crawling under fences in fields,' says Michael, 'fighting in the resistance, and Canada puts him in prison'



Oscar with Michael and Isabel in 1981, and at work on a drawing that year after the artist's death at 45, his wife fell into a deep despair from which she never recovered, and his work—badly treated and poorly stored for decades—fell out of view.

sons Michael, who express his resentment on his father's behalf. "He was crawling under the fences in the fields, fighting in the mountains, and then the Canadians put him in prison." Despite that, Oscar loved Canada. In 1951, he told a *Ramblin'* writer he was touched and proud when Canada read him a notice in 1946. "It's exciting to be one of a tiny part of a great new country's intellectual and artistic foundations," he said. But Michael perceives a hangover from the war in Oscar's paintings. "His work, for quite a while, always reflected some element of anguish or grief or tragedy. He had this, that—Michael searches for the right word—"that pathos always with him."

In 1955, Cahén and six other abstract artists showed their work—in an early precursor to produce placement—in Stinson's storefront windows. Their paintings, hung behind sofas and chairs, beds and side

tables, "ousted conservatism," according to one critic. Later that year, four others joined the group to form the renowned Painters Eleven, which also included Jack Bush, Harold Town and Kenzo Nakamura (the subject of a current retrospective at the Art Gallery of Ontario). Paul-Thomas Norburn and Jean-Paul Ringuette had already taken Modernism's reins with their wildly abstract work. With a mandate to promote experimental art, Painters Eleven shook up polite Toronto, a city self-conscious of tradition.

'CAHÉN,' says
McLaughlin Gallery's
Aarndt, "is one of those
crucial artists who
should be reconsidered."

The significance of Painters Eleven, says Matthew Teitelbaum, director of the AGO, was more about the momentum it created than the artists' particular style. "At a time when there was little authority in this country to move ideas forward, this group of artists came together and boldly declared that there was a place for abstract art in Canada," Teitelbaum says. Cahén, one of the oldest, most experienced and more confident artists, was viewed as a group member. In the four years before his death, his work received more public notice and probably was more of a success on his home ground than his contemporaries. Three years after his death, one critic even wrote, Oscar's spirit "will dominate and motivate the group." For Teitelbaum, Cahén had the potential, had he lived longer and continued to paint, to work with Bush and Ringuette.

Even as a boy, Michael knew it would fall



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SORRY, WRONG NUMBER

We got lots of calls—not for our tree service but for Angel and Crystal

IT WAS 5:30 A.M. and I was startled by the sound of my business phone ringing. I hadn't heard a storm during the night so when I'd slept soundly and missed it, I didn't know why there would be any down or damaged trees urgently requiring the attention of an arborist. In fact, the only noise I'd heard was the newspaper being put between our doors. My husband, Jack, answered the phone with a chirper: "Good morning, Papa Jack's Tree Services." Then, after a brief pause, he added, "You have dialed the wrong number." People make mistakes all the time. And we'd had calls that early before. So what was

the big deal about this call? Well, you need to know about the chain of events that led up to it.

A year ago, Jack was just starting up his tree-cutting and maintenance service and did not have a huge advertising budget. I had learned when I worked for Bell Canada that a catchy, easy-to-remember telephone number can be a valuable tool to business as having a name that starts with an "A" so that you're the first listing in the phone book and other directories. So when

rebranded, but had asked to have it changed, so he was receiving all kinds of strange calls day and night.

Not long before we received our pre-drawn call, Angel and Crystal had returned to London and set up shop tree night. They got a new phone number and placed their ad in the London Free Press. I'm sure they were waiting for that \$340 a call—the newspaper is published between 5 and 6 every morning.

Of course, I didn't know then when I an-

swered our second call of the day. The customer was nicely chided when he asked for a quote and I tried to book an appointment for Jack to go to his place, take a look at what he had and what he needed and to provide him with a written quote. The man hung up very quickly.



swayed our second call of the day. The customer was nicely chided when he asked for a quote and I tried to book an appointment for Jack to go to his place, take a look at what he had and what he needed and to provide him with a written quote. The man hung up very quickly.

By 7:30 a.m. in the business phone was ringing virtually nonstop. We started to chat as when some of the calls got more colorful. So shortly after 8 a.m., I called the Free Press's classified ad department to find out what exactly had happened. The service representative assured me the paper had

stopped at about 3 p.m.

A few hours later, my feet hit the floor the second I heard the Free Press shrilling between the doors. I grabbed the newspaper and turned around to find the classifieds' escort service category. I found Angel and Crystal's ad—with their contact number. "Where I thought of calling them and asking to be paid for the last day, but I never got around to it. Still, I must say that we did learn one lesson from the whole episode: "It pays to advertise."

Nancy McLeod is a freelance writer in London, Ont. To contact her, email nancy@nancy-mcleod.ca.

U.S. soldiers guard the body of a woman killed in a bombing near Baghdad.

least thousands of lives—American and Canadian troops—over the past few years. After years in Iraq, soldiers from Canada and the United States have been killed in action. The prime minister has now had personal popularity plummet in recent weeks. This past month, 14 years of it as a result of the war in Iraq. In the last few days, the U.S. has been hit by a series of attacks. A helicopter was shot down in Iraq. A Canadian soldier was killed in Iraq. A Canadian soldier was killed in Iraq. A Canadian soldier was killed in Iraq.

Richard Stenhouse, a member of the House of Commons, says there are no problems in Iraq. He says that the U.S. has a huge advertising budget. I had learned when I worked for Bell Canada that a catchy, easy-to-remember telephone number can be a valuable tool to business as having a name that starts with an "A" so that you're the first listing in the phone book and other directories. So when

rebranded, but had asked to have it changed, so he was receiving all kinds of strange calls day and night. Not long before we received our pre-drawn call, Angel and Crystal had returned to London and set up shop tree night. They got a new phone number and placed their ad in the London Free Press. I'm sure they were waiting for that \$340 a call—the newspaper is published between 5 and 6 every morning. Of course, I didn't know then when I an-

swered our second call of the day. The customer was nicely chided when he asked for a quote and I tried to book an appointment for Jack to go to his place, take a look at what he had and what he needed and to provide him with a written quote. The man hung up very quickly. By 7:30 a.m. in the business phone was ringing virtually nonstop. We started to chat as when some of the calls got more colorful. So shortly after 8 a.m., I called the Free Press's classified ad department to find out what exactly had happened. The service representative assured me the paper had

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ROGERS

editorial bias. "American media is not really in a hurry to announce a point of view," says the author. "It's not really in a hurry to announce a point of view." The author says that the media is not really in a hurry to announce a point of view. The author says that the media is not really in a hurry to announce a point of view.

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[John Inghini's Sentences 70](#) | [Bestsellers List 70](#) | [Money's Worth 79](#)



A lady who lunches—and writes, draws, dances and reads

Danes is being choosy with the roles she takes and with what she talks about.

Clair Daines is currently unemployed. Sure, she's promoting *Stage Fright*—a groundbreaking, gender-bending period piece set in the 17th-century British theatre—but there are no other projects on the horizon. "I am going to take screenwriting and film directing classes and tailcoat-dancing lessons," says the 26-year-old New Yorker. "It's so silly, I feel like a schoolboy—a lady who lurches."

She also mentions she's in a book club of two. But when asked who the other member is, Daines evades: "My friend. I can't say" OH, but we know

She's referring to her *Stage Beauty* costar and boyfriend **Nilly Crooks** (Alison Farnood). Neither will talk about their romance since they both balk at long-term relationships to be together (Crooks' former girlfriend, actress **Mary-Louise Parker**, was seven months pregnant with their baby at the time).

The pair's onscreen affair is also fraught with complications—Crooks plays a gay stage actor, and Boner's character is his dresser. But in art, as in life, their attraction could not be denied. **SHARON DICK**

"Dear John I
miss you / On
my So-Called
Life / For love
writing you
like a letter /
Adding you
into my life."
—lyrics for
Darius in the
1991 song *My
So-Called Life*
by punk group
the Ataris

First, Peter Jennings. Then Patricia Anderson and now Ace Ventura, who are they going to take next, someone's home?

There was always something not quite right about those Anne Geddes baby photo books. But add Colene to the picture and you've got a whole new level of strange.

CLAIRE DANES

Former *So So* TV star gets
stage experience in *Stage Beauty*

➤ After a school shooting, one kid's dead, one's in critical condition. The rest still have had some.

There has yet to be a cat fight in this breakout hit of the new TV season—but you can feel one coming.

Michael Jackson's nose falls off in *Earthlings* latest.
In Pylican's new one, the white kid plays an Arab-American who seemingly sets off a bomb. I want my MTV... a little less clucking please.

Hot date: Smith's sex from the guys who ensnared Saddam Hussein in Serian's mal-famous love (L'Espresso, Feb. 1)





Find out how UPS can help you spend less time on shipping, and more time growing your business.

LESSON PLAN

100 FREE VIEWS*

Calculus-based writer **Chris Turner** makes a bold as-

Do you collect Simpsons memorabilia?
Not really, but I have a mirror. The dispenser had my wife's grandparents' name. The Simpsons figures that come in their cookie tins. And I'd like a life-sized Homer. About that.

Burns is my favourite character and the show's finest moment is when he drives.

What would have happened to satirical TV if *The Simpsons* had failed all those years ago on the *Franny & the Funky Family Show*? For one thing, cartoons wouldn't have reasserted their prominence. And I don't think we'd have things like *The Daily Show*. But it's more than that. It's like asking what would have happened to pop music if the Beatles had broken up in 1964. It's hard to say, but the world would be a different place.

A cash-strapped Maritime hospital

their penchant for giving full hands-on to drug researchers and the hospitals they visit for.

That commitment is at the core of Open Heart (CBC, Oct. 31), a much more complex treatment of the issue than you get in most TV movies of its ilk. But the show, directed by Laurie Rupp, also has the cautioning suspense of a prime-time hospitalier. Based on incidents in Canada and elsewhere, Open Heart succeeds especially because of its subtle acting, including a knockout performance by Folger.

ENTERTAINMENT WEEKLY



going forward of being cast as Armand, this year's Emmy-winner for best comedy actor.

The DVD offers the end of Robert Zemeckis' production narrative. **Bob Howard** (Maggie Chevalley) and **Suburban** (Liza Minnelli), to point star **David Cross** (Mr. Show) didn't have to audition and in fact got to pick the role. And the party boat from the pilot episode is the same one. Suburban had his prom on. The random facts may not change your life—but the first 22 episodes, which also happen to be the DVD, are a must.

—**SHARON DELANEY**

Lianne George | ON WINE CULTURE



Rock 'em, sock 'em oenology

Wine junkies get wily and vicious when the latest limited-edition vintage hits the shelf

THE BRITISH WINE writer Hugh Johnson wrote that wine has "the power to banish care." But did you know it also has the power to bring grown men to their fists over the last case of a limited-edition Bordeaux? (I know the guy who broke it up.)

Traditionally, we think of wine appreciation as a gentleman's hobby, not unlike pheasant hunting or lawn tennis. But the more I've read of contemporary wine culture, the more I've come to think of it as a competitive sport—complete with scoring systems, personal rivalries, partisan affiliations and even the odd goke.

Of course, it's the age-old dual implications of wine that make our relationship with the beverage so fraught with anxiety: "Don't get too romantic, because, like wine, I'm from a rich person's thing," says Stewart Bailey, of the L'Esprit Cuvée brand of Ontario's flagship Toronto location. "Since the beginning of wine, there was the plebe and then there were the good wines put aside for royalty." As such, modern wine enthusiasts will do very odd things to at least appear to know what they're doing—and so would being "wined in



and being 'wined in' with the droid 'Baby Duckwonder' (you named it) labeled considered to be particularly divine!" At Ontario's L'Esprit Cuvée, Stewart Bailey's day—otherwise known as vintage-wine day, when limited-edition wines are made available to the public. Often, when a small number of a particularly glamorous product is on offer (which inevitably means that it earned a high score from the *Wine King* of the wine universe, Maryland-based critic

Robert Parker), you'll find oenophiles lining up as early as 8 a.m., comparing notes on recent acquisitions, reviewing sales of tastings sessions past, and clutching dog-eared copies of the *Wine Spectator* for cross-referencing. (The truth is, there's nothing as relaxing than chiding wine with a wine geek. To me, it's akin to going to a concert where the person next to you is expounding on each note as it's played.)

Wine-tasting has been known to cause overcooked vineyards, and, from time to time, collectors have even been caught stealing prized merchandise from other people's shopping carts. One LCBQ customer regularly purchases large quantities of expensive wine to display for guests on Saturday night, only to bring them back for a refund on Monday. "We actually had an employee injured recently when two people got engaged to a wine reached over his shoulder and ripped open a wooden box," says Bailey. "They died at the edge of his face."

On another recent occasion, a Toronto entrepreneur devised an ingenious plan to thwart the LCBQ's one-bottle-per-person policy on limited-supply vineyards. At 5 a.m. that Sunday, he pulled his construction trailer in the wine store parking lot and paid his crew to line up in one-hour shifts. (They'd return to the trailer for coffee, doughnuts and bath room breaks.) By the end of the morning, they'd brought away bottles in the store.

"Wine may banish care," but so it should, since it causes so much on the first place.

lianne.george@metromedia-norvis.com

Games | Go get 'em, (virtual) tiger

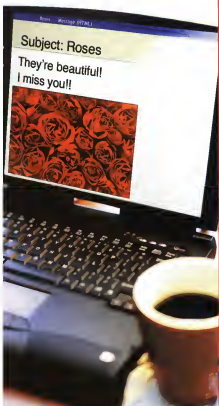
Half the fun of Tiger Woods PGA Tour 2005 is creating your own golfer. Sure, you can play the game's 11 courses as Ben Hogan, Vijay Singh or the headliner himself. But it's much more fun to build your dream player. Games start off on the amateur tour and can use their winnings to upgrade their skills or sign to the Legends Tour and make some major coin by conquering landmarks like Arnold Palmer and Jack Nicklaus. Graphically impressive, this title is challenging enough to bring out the duffer in you.

MICHAEL SINDLER



Vote | If only we had a say

Canadians have a lot to ponder in the upcoming U.S. presidential election. Whether news will influence our foreign policy and economy (not to mention the quality of the political ads we watch on *The Daily Show* and *Saturday Night Live*). It seems only right that we should have a say. Two new websites are providing a pre-election forum for concerned global citizens to make their hopes and apprehensions known to the American people. TheWorldVote.org is a non-partisan site based in The Hague that invites non-U.S. citizens to cast their ballots via a symbolic online election. www.worldvote.org activists are posting "Dear America" letters from around the world to help U.S. voters gauge international opinion in the Bush-Kerry showdown. And they actually send U.S.



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Your **EYES!**

Quick – how much do you know about the health of your eyes?
Answer 'True' or 'False' to the following statements.

- 1 People who have 20-20 vision have perfect eye health
- 2 You only need to see an optometrist for vision concerns or when your eyes hurt
- 3 Glaucoma is an eye disease that always makes you blind
- 4 Most children eventually outgrow literacy or behavioral problems
- 5 There's no connection between what you eat and the health of your eyes

If you answered 'True' to any of the above, you are taking your eyes for granted. You're probably overlooking the many strains and tensions your eyes suffer throughout the day, plus the importance of regular visits to an optometrist. And your eye health could be suffering as a result.



The Canadian
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Optometrists



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Visit your optometrist regularly

Just as you visit your dentist every six months – whether or not you have a toothache – you need to put your next visit to your optometrist into your calendar.

How often should you go? Infants can have their first visit as early as six months of age. Return with children as age three – sooner if you sense a problem – and then again just before they enter school. After that, eye examinations should

be a part of every child's regular health checklist to ensure they have the basic tools to flourish in school – and acquire good health habits that will last a lifetime.

As for you, go every two years from age 20 to 64, and increase your frequency to annually after age 65 – unless your optometrist advises more frequent visits.

To your good health

At your regular examination, your optometrist can uncover and recommend early treatment for:

- diabetes
- multiple sclerosis
- high blood pressure
- brain tumours and other cancers
- cataracts
- early signs of serious eye disease, such as glaucoma or macular degeneration
- amblyopia (lazy eye)
- strabismus (turned eye)

Tips for safe contact lens use

- Keep all your scheduled visits with your optometrist to make sure your lenses are not harming your eyes.
- Only wear contact lenses that have been specifically prescribed for your use.
- NEVER share your lenses with your friends. A contact lens provides a perfect warm, moist environment for bacteria.
- Care for cosmetic contact lenses as you would corrective lenses: wash your hands before you handle them, keep them clean, and store them properly.
- Follow the instructions on how to insert, remove and care for contact lenses.



Improve your eye health during Eye Health Canada Month. Make an appointment today.

To find an optometrist near you and for further information on eye health, visit www.opto.ca, or call 1-888-263-4676.

The Critic
Risky: investment seen as priority this year

Industry remains the need for natural diversification

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www.bausch.ca for a valuable rebate offer and to locate an eye care professional near you.

Does your child have vision problems?

Don't assume that a child who appears to see perfectly well is problem-free. Young children rarely complain – or are even aware – of vision problems, because they have no basis for comparing their vision with normal vision. The following signs could indicate that your child may need help.

- Suffers frequent headaches
- Squints or frowns when looking at close or distant items
- Rubs eyes or blinks frequently
- Avoids or becomes irritated with close work, such as looking at books
- Sits too close to the television, or holds objects very close to the face
- Loses his or her place while reading
- Omits or confuses small words when reading
- Uses a finger to maintain his or her place while reading
- Makes frequent reversals when reading or writing
- Turns or tilts head, or covers one eye, to view objects
- Red, itchy, crusty or watery eyes or eyelids, or one eye that turns in or out
- Difficulty with hand-eye co-ordinated activities, such as catching a ball
- Touches things to help recognize them

The Canadian Association of Optometrists would like to thank its sponsors for making this educational communication possible.

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BACKTALK

Money's Worth | Global Massage A world of relaxation

Contrary to what some people may think, massage therapy is no longer the exclusive domain of life's leisure-bound Swedes. Increasingly, a wide range of professional techniques is finding its way into extension spas and exercise classes across Canada. From Thai massage to ancient Greek hydrotherapy, each technique is designed to treat a specific set of ailments, of course, but these treatments aren't cheap. The key to ensuring a good experience, says massage therapy researcher Thakir Ojeda of Toronto's Centennial College, is finding an accredited practitioner who can assess your needs and teach you the benefits and risks of each style of treatment. (Try the Canadian Massage Therapist Alliance at www.cmta.ca.) Recently, we tested four of the latest trends in massage therapy.

KARIN HARTLEY



THE VERDICT: Assuming you find a good practitioner, you can't really go wrong with any of these techniques. Not only did they all bring to mind targeted aches and pains, as promised, but they were also relatively intense and deeply relaxing.

OUR PICK: Thai massage was the most relaxing and versatile. Its address, www.globalspa.ca, is a bit odd.



What's in Store

The Oculus 327-6380 is a private, egg-shaped enclosure with a flat-screen TV, surround sound and high-speed internet—it's the very definition of modern, smart leisure. Available for weekly rentals from November 2005. Visit www.theoculus.com

THAI MASSAGE	GUIN-SHIAU THERAPY	HYDROTHERAPY	UTTAHROO

WHAT IT IS

Described as a "face person's massage," this 2,000-year-old technique involves a therapist using his hands, elbows and feet to target your jaw, forehead and neck to release tension in the jaw and neck muscles, and to improve circulation to the face.

WHAT IT'S GOOD FOR

An energizing massage, good for loosening joints and blood flow. Also used for treating people with post-traumatic stress, for which it has been found to be effective.

HOW IT FEELS

Pretty powerful, but in that good, post-workout way where you feel you've done something great. Also pretty relaxing, as the therapist works on your jaw and neck muscles, and the joints of your face.

PRICE

Cost: \$75/60 minutes

The practitioner uses "movement" to treat the spine and muscles, targeting long-term tension in the back and neck, and the lower back. It involves a lot of stretching.

Particularly useful for backaches and stiffness, but also effective in treating people with post-traumatic stress, for which it has been found to be effective.

Particularly relaxing. Getting up afterwards was a bit of a challenge, as you're not quite as limber as you were before. Also, it's a bit of a challenge to get up afterwards, as you're not quite as limber as you were before.

PRICE

Cost: \$70/60 minutes

Originally an ancient Greek massage, it's a great way to relax and rejuvenate the body, using your hands to target the muscles and joints, and to improve circulation to the face.

The best part about this massage is that it's a great way to relax and rejuvenate the body, using your hands to target the muscles and joints, and to improve circulation to the face.

Particularly relaxing. Getting up afterwards was a bit of a challenge, as you're not quite as limber as you were before. Also, it's a bit of a challenge to get up afterwards, as you're not quite as limber as you were before.

PRICE

Cost: \$80/45 minutes

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PRICE

Cost: \$125/90 minutes

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MAGAZINE | OCTOBER 2005 19



THE PM AND THE PAYMENTS

William Kaplan's book gives us the juice about Schreiber and Mulroney

I CAN'T IMAGINE a more concerning political book than William Kaplan's *A Secret Trial*. Brian Mulroney, Steve Casanovi and the Public Trust: Where else are you going to get juicy like this?

Well, Brian Mulroney in October 2003 speculating at length about a return to politics. The new Conservative party was months from a leadership vote, he told Kaplan. "If I decided to run next April I would win the leadership. I would have a landslide on Paul

Martin, but I could defeat him easily in the debates. I would be prime minister by July."

Here's Mulroney regretting the day he ever met Karlheinz Schreiber, the German Canadian businessman who, Kaplan reveals, began paying Mulroney \$100,000 cash every month after Mulroney left office in 1993. "If you accumulated all the sorrow over all my life, it does not compare to the agony and anguish that I have gone through since I met Schreiber."

And here's Mulroney's response when Kaplan asks about the money Schreiber gave him: "Anyone who says anything about this will be in for one E— of a night."

And here's the former prime minister, as Kaplan goes closer to publishing his revelations in the *Globe and Mail*, making desperate appeals to Kaplan's Jewish identity. He tells Kaplan: "I know you got close about me, but it's because of Steve Casanovi. She put so much poison into the system. I was the new Jew. As far as she is concerned, I am the new Jew."

Wow. Where's it all about? Well, that's a tale convoluted enough to fill a book—or, as it turned out, two. A secret trial amounts to a book-length chronicle of the central conspiracy in Kaplan's first book about Mulroney, *Primeval Guilty*. Brian Mulroney, the Airbus Affair, and the Government of Canada. The assumption was that Mulroney had played straight with him. Chartered and corrected, Kaplan does not even bother to hide his bitterness in the new book. In 1988, Air Canada paid \$1.8 billion for



passenger airplanes from Europe's Airbus by 1995 the RCMP was investigating whether Mulroney had received illegal commissions for the Airbus purchases, for the Prime Minister's purchase of a dozen helicopters, or for a plan, eventually cancelled, to assemble light armoured vehicles in Bear Head on Nova Scotia's Cape Breton Island. The MacIntyre harboured similar suspicions about Schreiber and former Newfoundland premier Frank Moores.

A secret informed that the MacIntyre does. With the help of officials in the federal Justice Department, the RCMP sent a letter to the Swiss government asking for more details. Mulroney found out about the letter, used his big defence team and tried out of court, winning an acquittal.

There has never been evidence that Mulroney behaved improperly in the Airbus file, the helicopter purchase or the Bear Head project. Kaplan reports that "no evidence has ever come forward, none

whatsoever," that the RCMP's 1995 guess was justified.

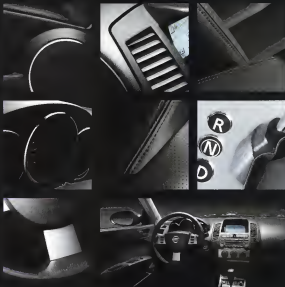
So? So throughout the nasty Airbus affair, Mulroney retained his relationship with Schreiber was "gempheral." It wasn't until 2001 that Kaplan learned from Philip Mathews, a *National Post* reporter who couldn't get his paper interested in the story, that within months of leaving office, Mulroney had begun accepting huge cash payments from Schreiber in a succession of hotel rooms.

What for? The reason for the payments—and whatever work Mulroney would have done to earn them—has never been made clear, Kaplan writes. This is true even though, as many readers will already know, much of this story has come out before, in an extraordinary three-part series Kaplan wrote for the *Globe and Mail* in 2003.

Much of *A Secret Trial* is about how Mulroney and then Kaplan discovered the story; how the *Globe and Mail* prepared to print it; how Mulroney tried to stop it. And of course that lovely half the book. The other half chronicles the peculiar relationship of Steve Casanovi, a former *Globe* reporter, with the police. A relationship that crossed far over the line of ordinary commissions between a reporter and his sources. Kaplan lays out "irrefutable evidence" that Casanovi was a police informer.

So what was the reaction when the *Globe* published a good chunk of this in 2003? Here it comes. "Astoundingly, there was not so much as a public or media reaction," Kaplan writes. Partly that's because the *Globe* dumped the story on its regular readers in three indigestible horse manure-sized instalments over four days. But I think it's also because Canada's current absurd media oligarchy encourages newspapers to ignore even the most compelling stories from their competitors. But that's a topic for another book, probably from another author. Kaplan has written enough. **E**

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